

ANCIENT KEYS OF JOY

Discover The Ancient
Secrets of Authentic
Happiness

TOMISLAV TOMIĆ

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Ancient Keys of Joy

Discover The Forgotten Secrets of Authentic Happiness!

**How To Unlock The Unlimited Joy Within You and
Create The Reality Which Resonates With The
Deepest Part of Your Being**

**Learn Ancient Meditation Techniques
Fully Adapted to Modern Age**

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- ✓ *There are many meditation techniques. How will I choose the one best suited for me?*
- ✓ *I often fall asleep during meditation. What should I do in such cases?*

- ✓ *I live in a family where it is difficult for me to take time off to meditate, and due to other reasons, I don't have the necessary requirements for meditation. The only time I can meditate is before I go to sleep and I can only do this lying down. What should I do?*
- ✓ *I'm afraid of opening up in meditation because I feel that it is leading me into the unknown and certain feelings appear (mainly fear), which don't appear otherwise. I'm afraid of the unknown because I feel I can't control it. What should I do?*
- ✓ *I have been a smoker for a long time now and I'm aware that it is not a healthy habit. Do I need to quit smoking in order to meditate successfully?*
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To Katarina & Petra,

*“From joy all beings have come, by joy they all live,
and unto joy they all return”*

The Upanishads

Instead of an introduction

From ancient times, the greatest minds of different cultures have left us a message of the unlimited joy that resides within us all. They also left us the guidelines and methods to unlock this joy within us and to make it as lasting as possible in everyday life.

Compared to the period several thousand years ago, the past hundred years or so have created the impression that a lot has changed. In the technological sense, it certainly has. However, man's desire for a joyous and fulfilled life has simply gained a new external form, and the methods to manifest this desire have simply changed its „packaging“.

Regardless of the shape and form, all that people want (and all they have always wanted) to achieve by fulfilling their goals was to feel better, and to come a step closer to a happy and satisfied life — regardless of the goal in question.

Yet despite the ancient wisdom which humanity has had at its disposal for millenia, a joyous and fulfilled life still seems to be reserved in advance only for the ‘chosen ones.’

Why do people think this way?

Why do so few people live a joyous and fulfilled life in spite of the unlimited creative potential *within all of us*?

Which group do you belong to?

Do you wake up in the morning with a feeling of enthusiasm for life, or is your first thought ‘Oh no, here comes yet another day’?

Would you like to improve your life somehow, but you feel you don't have the time or necessary conditions at this time?

Are you (like so many others) waiting for ‘better times’ (which will probably never come if you just keep waiting)?

Pause for a moment and ask yourself these extremely important questions:

- ✓ *Would you like to feel the presence of joy and inner peace in your life?*
- ✓ *Would you like to start creating the life you have always dreamed of, a life you have always felt deep inside belonged to you?*
- ✓ *Would you like to live with a feeling of purpose and passion for life?*

If your answer to any of the previous questions was 'yes', then this book is just right for you!

Here are just some of the amazing secrets, tips and techniques you will learn in this book:

- ✓ *What having unlimited joy within us means, how to "unlock" it, and why you don't need reasons and excuses to be joyous...*
- ✓ *What true success is, and what it depends on...*
- ✓ *What the thing we call 'our reality' really is, and how you can affect the reality you live in,*
- ✓ *What 'thoughts' and 'emotions' are, what their role is, and how and why your thoughts and emotions are interconnected...*
- ✓ *How you can use your thoughts to create the reality you truly want to experience...*

- ✓ *How you can 'speed up' the creation of the reality you desire...*
- ✓ *How to know what kind of reality you are creating at any moment...*
- ✓ *Three big mistakes that prevent people from creating the reality they want to live...*
- ✓ *How to easily create the habit of conscious thought control...*
- ✓ *What positive thinking is ...*
- ✓ *What 'beliefs' are, how they are formed, how they affect your life, and how you can reprogram them in the direction you desire...*
- ✓ *How your environment affects you and your new ideas about the reality you wish to create, and how to deal with it...*
- ✓ *What 'problems' are, how you create them, and how you can greatly benefit from them...*
- ✓ *What heart desires are, how you can become conscious of them, how such desires are connected to your life purpose, and the difference between your heart desires and the desires others have imposed on you...*
- ✓ *How to set goals, how to relate to them, the point of setting goals, and the goals themselves...*
- ✓ *How to break out of the monotony of everyday life and live with a feeling of freshness...*
- ✓ *How to relax rapidly through an ancient and simple relaxation method...*
- ✓ *What meditation is, the benefits of meditation, and how meditation helps you become aware of and unlock the unlimited joy within you...*

- ✓ *The difference between the meditative state and meditative techniques...*
- ✓ *Two ancient (perhaps the most oldest known) meditation techniques, explained in detail, fully adapted to the modern age in addition to many other meditation-related information (all you need in order to be able to meditate successfully)...*
- ✓ *How to create time for meditation (if you think you don't have it)...*
- ✓ *Is it ever too early or too late to begin meditating?*
- ✓ *Do you need to believe in God to meditate successfully?*
- ✓ *Is a 'guru' necessary?*
- ✓ *What 'enlightenment' is, and do you even need it...*
- ✓ *Who are 'we', and what stops us most from knowing our true selves...*
- ✓ *What is the difference between your personality and your 'real I'?*
- ✓ *And a lot of other useful information...*

PART ONE THE JOY WITHIN

Chapter 1

Do we need a reason to be joyous?

“The kingdom of God is within you”

Jesus

From an early age, we have been taught that we need to fulfill certain conditions or behave in certain ways in order to receive our parents’ love and affection. If we didn’t behave the way our parents wanted us to, we knew the consequences.

In childhood, our relationship with our parents was one of the main 'causes' of joy, and if our parents were displeased with our behaviour or us in particular, our 'supply' of joy was cut off.

In this way, most of us learned that we first have to fulfill others’ expectations in order to *deserve* a small dose of joy. We placed conditions on our joy and made it dependent on outside events, and in doing so, we strayed from our 'true self', our true nature, and thus from our one and only unlimited source of true joy.

However, joy is not something we have to deserve; joy is not something we have to earn — joy is already within us. Joy is our true nature, and our job is to find our own best way to 'unlock' it and make it as real as possible in our daily reality. Joy does not have to be deserved or earned, but simply *allowed* to flow through our lives.

Imagine you’re going to a bank where you own an account with a certain amount of money in it. The bank clerk tells you that you first have to please

him if you want him to pay out your money — the money you already have in *your* account.

How would you feel, and what would you think of such a bank clerk?

You'd probably become very upset and ask yourself where he got the right to place conditions on access to your own money.

But why would you ask yourself this in the first place?

You'd ask because you are *conscious of the fact that it's your money*, and that, apart from certain formalities that banks require when withdrawing money from an account, no one has the right to blackmail you in such a way. Something that's yours belongs to you and you instinctively object every time someone tries to take it from you, or restrict your access to it without your permission.

Despite the fact that many people don't think like that, I guarantee you that a similar situation is happening with the amount of joy present in your life. Each one of us has an unlimited amount of joy on his or her 'bank account', but due to a *lack of consciousness* of this fact, we allow all kinds of 'bank clerks' to ask us to please them on a daily basis before they give us something that's already ours! We are even supposed to feel grateful about this.

But it doesn't have to be this way. By becoming increasingly conscious of ourselves as beings whose true nature is precisely unlimited joy, we bring ourselves into a state from which we can more consciously steer our lives in the direction of the life we've always dreamed of. The Universe doesn't play games with us, and will never give us dreams that we can't fulfill. There are no exceptions to this.

*“Inherent in every intention and
desire is the mechanics for its fulfillment”*

The Rig Veda

Joy as a measure of true success

"He only lives, who living enjoys life"

Menander

Success is something we seek naturally. No one likes or wishes to be unsuccessful. However, true success is an entirely personal matter, and depends exclusively upon us. True success always brings joy, inner peace and growth with it. The more joy and peace we have in our lives, the greater the success.

Success isn't primarily based on the things you own or on the social acceptance you have. What's the use of having something if it isn't something that truly fulfills you and brings you joy?

Unfortunately, it seems few people think this way. Look around you. Look at the number of people who seem to have everything one would want, and yet...*something* is desperately missing.

Why?

Many have been creating wealth their whole lives, simply in order to prove their worth to someone else, without paying attention to their heart desires and higher visions.

Success isn't something that can be determined by other people's standards; only you can do this.

You are the only person who knows your circumstances, your heart desires, and the possibilities open to you at any point in time. Only you know if you're truly successful or not.

You can make the whole world believe that you're something you're not, but when you stand in front of the mirror, the person reflected in it always knows the truth. Only you are in touch with your own feelings, which clearly show you where you stand on the path of personal and spiritual growth.

While one person may feel that success means becoming the president of a country, someone else might feel successful if they're able to create three extra hours during the day to do as they please, and even do nothing if they wish. While one person feels that success is becoming a millionaire, another sees a stable and fulfilling family life as the peak of success.

We are all as different as we are similar. And that's wonderfully okay.

The only measure of true success in your life is the amount of joy you feel every day.

Chapter 2

About the methods outlined in the book

*“It is not that things are difficult that we do not dare;
it is because we do not dare that they are difficult”*

Seneca

This book offers several methods, which are interweaved throughout the chapters. Some can be practiced anywhere and at any time, and, generally speaking, will not take you any extra time. The meditation technique you choose, however, requires you to set aside about twenty minutes a day.

This book has been written as a unified whole, and it's a good idea to read it in order first. Later you can come back to specific chapters.

I won't ask you to blindly believe in the efficiency of these methods, as this would be quite childish; I only ask that you open your mind somewhat until you try them for yourself, and then arrive at a conclusion based on your own experience. The only thing of any importance is what actually works for you.

“Magical answers”

Because we are all different, no one can write a book suitable for everyone and that can provide the magic answers to life's great questions. The biggest gift that any book can give you is to provide you with the *tools* to find the magic answers for yourself. The 'magic answers' definitely do exist, but they only exist *within you* and *for you*.

Even if they are the patterns of thinking given in this book related to certain topics, they are still merely the means to an end. Such thoughts are not your own thoughts, and although they can help you view the situation from a

different perspective, they still aren't your personal insight. They are only 'borrowed knowledge' that you will have to return sooner or later.

Two basic principles about using the methods in this book

In order for the methods and suggestions outlined in this book to be effective, it's very important to use them *on a regular basis*. If you aren't regular, you can forget about getting results. The mere reading about these methods means nothing if you don't use them regularly. You can read a hundred books about football, but reading alone won't make you a great player. What will make you a great player is practice. Only regular practice makes the information in the book useful.

It's often said that knowledge is power, but you can be certain that knowledge without utilization of the same means absolutely nothing. I know many people who read 'spiritual literature' regularly, yet they undertake nothing on a practical level. Don't allow this to happen to you.

*"Many receive advice,
only the wise profit from it"*

Publilius Syrus

Besides regularity, you will need *perseverance*. Without sufficient perseverance, there's no point in starting a meditative practice or a practice of creating your desired reality on a conscious level. Perseverance is one of the key factors to succeed in anything. Without enough perseverance, it's impossible to live a joyful and fulfilled life.

Whatever aspect of life you'd like to achieve success in, you'll inevitably encounter occasions when you'll feel that everything you're doing makes simply no sense at all. You'll feel that you're wasting time needlessly and that you'd rather drop it all and start something else. However, such situations allow you to discover your inner traits and qualities you didn't even know you had, which are necessary for the fulfillment of your goals.

Therefore, regardless of how difficult the path of creating your desired reality might seem at times, and how often you slip and fall, don't question your goals and decisions. Persevere for as long as it takes — such an approach is the only guarantee of success.

*“Our greatest glory is not in never falling,
but in getting up every time we do“*

Confucius

Your mind and meditation as levers

By applying a lever, we can get better results while expending much less time and energy than by trying to achieve the same results without the use of a lever.

In the distant past, humans didn't have a great advantage over animals, but they eventually gained it by using 'levers'. In the beginning, animals were faster than humans, yet today, humans are faster, thanks to levers such as trains, planes, etc.

Levers such as computers and the Internet speed up all kinds of business activities and the person who has access to such levers has a decided advantage over those who do business without these levers.

The use of levers makes time and space very relative. There are many kinds of levers — depending on your preferences and activities — however, in this

book, we'll stick to two kinds: meditation methods and using your own mind in a specific way.

Later, we'll talk more about practical advice regarding how you can use the aforementioned levers to create the reality you'd like to live, but first let's look into what our reality really is, and how it comes to life...

PART TWO CREATION OF REALITY

Chapter 3

Infinite forms of reality

“Our happiness depends on us”

Aristotle

The more we give our attention to something, the more it will begin to manifest in our lives. It will also become firmly set into our perceptions and experience of reality.

The social conditioning that makes us strive to prove ourselves, to be more productive, and to achieve ever-greater heights of career success doesn't leave us with enough time or freedom of mind to ponder the existence of other possible realities, except for the one constantly imposed upon us.

Fortunately, there are an infinite number of available realities, and we are free to choose the precise kind we'd like to live.

We can't change the world or other people around us without their permission, nor is there any need to do so. However, we have complete influence over the reality we live in (or the one we'd like to be living in.) We are all equals in this respect.

What is “our reality”?

“With our thoughts we create our world”

The Pali Canon

Numerous scientific studies have shown that whether a person is observing a certain object or merely imagining it, the same neural connections are activated within the brain. It has also been shown that the brain (more precisely, the visual cortex of the brain responsible for processing images) sees no difference between the “real” and the imaginary, nor does it differentiate what a person sees from what he remembers having seen.

Our brain is made up of neurons, cells whose main purpose is to transmit information to each other. Each neuron has numerous dendrites and (most often) one axon. The dendrites receive information from other neurons, whilst the neurons send information to another neurons through the axon. In the area where one axon ends and the next neuron begins is a tiny space (connector) called the *synapse* through which information passes from one neuron to the next. The axon doesn't touch the cell, which is receiving the information. The cell can receive thousands of signals from other cells, but can only send one signal at a time. The “language” used by the neurons to do this comes in the form of electrochemical signals. When a neuron sends information — that is, when the chemical signal sent by the neuron reaches the end of the axon — it releases chemicals known as “neurotransmitters” (also called “neuropeptides”). By way of the synapse, they reach the next neuron, whose receptors can *only receive the information it is “in sync” with*. This is how neurons connect to each other and form neural nets.

Until recently, science has maintained that once formed, the neural nets remain unchanged in the brain for the rest of a person's life. Neural nets were viewed as a sea of endless telephone cables. You've probably heard it many times that if you don't learn something when you're young, you can be sure you'll never learn it later.

Fortunately, modern science proves the exact opposite is true. It has been proven that neural nets *aren't* like endless telephone cables; that they are, in fact, groups or nets of neurons that keep recreating themselves, depending on our experiences or thoughts.

All of our experiences form certain neural nets within our brains. Each new experience is reflected on the already formed neural nets within our brain, and is, in a way, subject to their influence, hence causing chemical alterations in the brain, which essentially influences our understanding and perception of reality.

Therefore, we cannot live through any new experience without it being influenced by our earlier experiences!

There is no reality that occurs independently of the processes happening within us. There is no form of reality that is independent from our minds. Since our minds are involved in our experiences of reality, we cannot view any of our experiences *objectively*. What appears real to one person could be a complete illusion to someone else, and vice versa.

Think back to a time at work when everything seemed perfect, and how your entire reality changed completely after a conversation with a client who called you angrily to complain about your product or service.

Do you really think the reality you had been living changed...or did your inner processes change?

“One’s own thought is one’s world”

The Upanishads

Think about the following questions:

What do we see when we look at something?

Is it possible that when observing the same thing, each of us sees something different?

Is it possible that when we say something to someone and the person hears what we said, he could understand our words differently because of different neural “programs”?

To what extent do our prior experiences shape the “filters” through which we observe and experience the world?

Can a person who has been disappointed in her relationships many times give her new lover a real chance for a complete relationship?

If the “filters” through which I observe and experience reality are tinted green, will every situation I see and feel have a greenish hue, despite that such a hue isn't actually there?

If a person who sees everything tinted green is talking to a person whose “filters” are reddish, can he *really* achieve true communication? Would you say there's a chance to establish communication from the very start?

How is it possible to see a “real situation” free of our “filters”?

Is this even possible?

The basis of everything

Everything in existence is energy, regardless of what it might seem like to us. The latest research in the field of quantum physics tells us that even solid objects we see in our environment are basically energy.

An example, which is frequently quoted by scientists, is our physical bodies. Our bodies are made up of tissues and organs. The tissues and organs are made up of cells. The cells are made up of molecules. The molecules are made up of atoms, while the atoms are made up of subatomic particles. Even the nucleus of the atom isn't solid — it's made up of neutrons and protons, which, in turn, are made up of even smaller “particles.”

Interestingly, the subatomic particles (whatever they might be called) that compose the atoms aren't “particles” in the true sense of the word. Rather, they

are “possibilities” that can exist in different places in time and space, and not true particles such as grains of salt or pepper.

Scientists concluded that the so-called “subatomic particles” are actually particles only when we observe them; when we don't, they exist only as waves of energy; therefore, as a field of unlimited possibilities.

The act of observing turns them into physical particles within a certain point in time and space. As soon as we turn our attention to something else, they become waves of energy once again — essentially, “possibilities.” Everything that exists in the universe is made up of such subatomic particles, which are nothing more than mere “possibilities.”

Further analysis of these phenomena has made scientists conclude that it is impossible to know the state of an unobserved proton or electron, and thus it's *impossible to comprehend the basic structure of the physical plane.*

Quantum physics, in essence, denies the theories that the created world exists independently of man's choice and interference, and that it is not affected by our observation, theories that have permeated the scientific world for centuries.

With this in mind, what do we consider is our physical reality?

Were the ancient mystics actually correct when they said that the visible world is just an illusion — “Maya”?

From the research conducted thus far in the field of quantum physics, we can easily conclude that we are, by using our minds, involved in the creation of the physical reality that surrounds us...the physical universe around us is very moldable, even though it may appear solid. Our thoughts *do* shape the universe we see; energy follows thought.

It has been proven that light particles behave differently when we observe them, which clearly shows that *we* participate in the creation of the universe.

Quantum physics maintains that everything in existence initially takes shape in our inner world...our inner world is like a mold whose form is reflected in physical reality.

“What we achieve inwardly will change outer reality”

Plutarch

A universe of frequencies

Our entire environment, including ourselves, is made up of energy (in fact, it would be more accurate to say that everything *is* energy instead of everything is made up of energy, but in order to keep it more understandable, I will use the second term). The energy that everything is made up of never rests; it is always moving. Energy is alive. Energy is always vibrating. Even when we're looking at an object at rest, the energy that makes up that object is constantly vibrating.

Each of our thoughts is, in essence, a vibration, vibrating within a frequency range that aligns with the content of that thought. Every word we speak is a vibration. Vibration is, in fact, what forms the basis of everything. However, even though everything is made up of vibrating energy, each thought, word, and object vibrates at a different frequency.

Simply put, the lower the frequency at which a certain object vibrates, the more solid we perceive it to be...and vice versa.

For example, the vibratory frequency of our physical bodies is lower than the frequency of our emotional bodies (the energy field around us that is made up of emotions), which, in turn, is lower than the vibration of our mental body (the energy field around us that is made up of thoughts), etc.

Constructive and balanced thoughts vibrate at a higher frequency than destructive and pessimistic ones. You can prove this for yourself. When you're in a good mood, you feel much lighter than when you're in a bad mood even though your physical weight remains the same.

Every color has its own frequency. For example, black seems to constrict space, while white appears to expand it. Light and "fun" colors cause us to feel different than dark colors. Even though the object painted with a certain color stays the same, the interplay of frequencies causes us to perceive it differently due to the frequency range of our eyes, which we use to observe.

The vibratory frequency of our eyes can only see frequencies that are within their range. This is why we can't see certain colors with our eyes (such as ultraviolet or infrared), nor can we see our thoughts and feelings, although we all know that they exist.

Let's use the example of a fan, which can be set to power levels between one and ten. Each higher level is also a higher frequency. If we watch the fan while it's set at level one, we notice it turning since it's within the frequency range of our eyes. If we set the fan to ten, our eyes won't be able to perceive the fan due to the different frequency of the spin, thus the space where the fan is spinning appears to be empty.

Still, because we can't see it doesn't mean it doesn't exist. It is still there and it affects us — in this example, it cools us. There are many realities and life forms amongst us right here and now that we can't see with our eyes due to the vibratory differences.

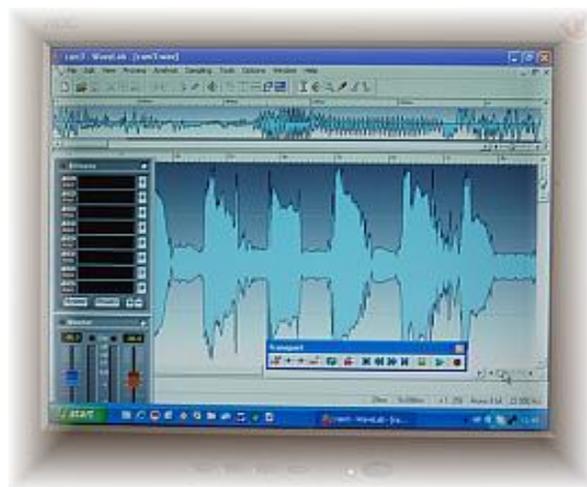
Words and sounds also represent vibratory frequencies. Our ear "receives" a certain frequency, sends it to the brain, which processes the frequency, and "translates" it in a way that we can understand, using symbols we use during communication — in this case, words.

Therefore, what we hear as a word (or sound) is simply a frequency vibration. The universe only understands the language of vibrations. Words mean nothing to the universe. Only the vibration hidden beneath the words means something to it. The same principle applies when we are watching TV or listening to a voice over the phone.

Numerous methods of meditation are based on sounds that are popularly called “mantras.” A mantra is nothing more than a sound/vibration — that is, a certain frequency that has a favorable effect on certain aspects of ourselves, since we are made up of energy that vibrates at different frequencies.

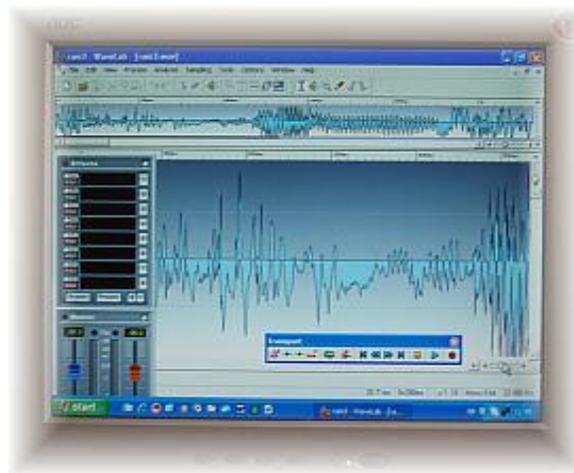
Therefore, every sound we hear, every frequency that resonates with the vibratory field of our ear affects our vibratory field in a certain way. You can note the difference you feel when you’re listening to heavy metal and when you’re listening to relaxing music. Without doubt, there is a difference.

Here is another interesting example: I took the mantra “Ram.” This is a mantra that has been used often and in different ways. It has been used and is still used for meditative purposes. Using Wave Lab’s recording software, I repeated the mantra “*Ram*” out loud several times. You can see the results in the picture below.



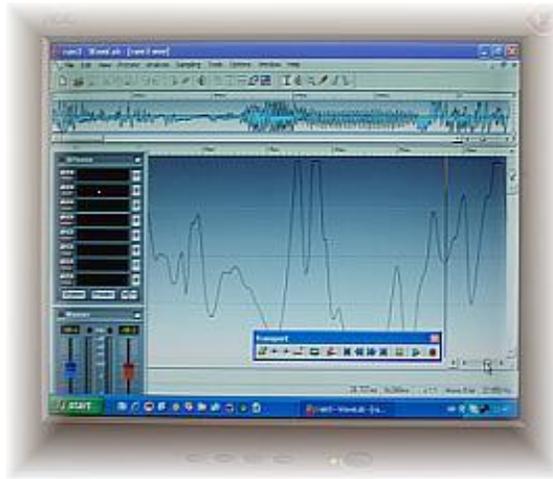
Frequencies obtained by vocalizing the mantra “Ram.”

As you can see clearly in the image, the essence of the mantra “Ram” are just vibratory frequencies. When each frequency band seen in the image is expanded using the same software, we get an even more detailed view of the same frequencies.



The same frequencies (a more detailed view).

The frequencies can be expanded to the limits of our computer’s ability to recognize the vibratory field (vibratory range) of the sound. However, even that isn’t the end of it. In a few years, when computers that can recognize subtler frequencies appear on the market, we will be able to expand the above image further.



An even more detailed view.

Chapter 4

The role of our thoughts

*“Everything we are is a consequence
of what we have been thinking about.*

*Mind is everything.
What we think, we become”*

The Buddha

Since ancient times, we have been told (and the latest quantum physics research has confirmed this) that everything (the reality we’re experiencing) *begins* in our mind. Our thoughts (the way we think) are the *cause*, and everything we experience is the *effect* of the thoughts we place most of our attention on; in other words, the effect of the thoughts we “thought” about most.

Tens of thousands of thoughts pass through our minds every day, and we (consciously or unconsciously) choose which thoughts we’ll “keep” and think about and which ones we’ll ignore. The thoughts we decide to “keep” and that we often return to become like a blueprint that will provide the basic guidelines to the house we’re building (i.e. the reality we’re creating.)

The placebo effect

“Our life is what our thoughts make it”

Marcus Aurelius

We are all familiar with the placebo effect. If a doctor convinces a patient that the “medicine” (a sugar tablet, for example,) he’s taking will certainly help him get better, and that the same kind of tablet has already helped hundreds of other people with the same illness get better quickly, the patient’s entire mind pattern will be completely different than if the doctor had told him that there was no cure, and that he only has a month left to live.

It’s interesting to note another curious fact related to the placebo effect. Recent investigations¹ conducted by Dan Ariely from Duke University in cooperation with The Massachusetts Institute of Technology showed very interesting results. Half the control group was given a painkiller pill, which cost \$2.50 per pill, while the other group was given the same pills, costing only 10 cents each. *In both cases, placebo pills were used.*

In the group using the \$2.50 placebo pills, 85 percent reported that their pain had subsided after taking the pills. On the other hand, only 61 percent of the control group using the 10-cent placebo pills felt their pain subside. Ariely concluded that not only did the placebo work, but the more expensive placebo had a more powerful effect than the cheaper one.

From the aforementioned experiment (and from numerous others), it is clear that the patients reduced their pain entirely *using their thoughts*, but had they been told beforehand that they could reduce their pain with their thoughts alone, they would probably have laughed off such a statement (and, in the best-case scenario, they would have told you that they were hurrying to a meeting!)

Objective reality vs. our perception

Remember a time when you were feeling sad and depressed. Didn’t everything around seem meaningless?

Would you be able to enjoy watching a sunset if you were in a sad and depressed mood?

¹ Source: <http://news.duke.edu/2008/03/placeboprice.html>

Now imagine yourself lying on the beach with a loved one, watching that very same sunset.

Would your experience of the sunset be the same when you were feeling sad as when you were feeling great?

But why would you experience the sunset in a different way?

The sunset would seem different because our current perception of reality is, in fact, only a reflection of our dominant thoughts (and, therefore, emotions) at the time. Our environment isn't the way we perceive it because it is "objectively" that way; rather, it is our *perception* that makes it so. Another person would experience *that same environment* in a completely different way.

"Objective reality" doesn't exist. What exists is only the *way* you look at situations around you, and the way you look at them is subject to your mental interpretations.

If, for example, you were taught in childhood that tattooed people were "bad," the first person you met with a tattoo would have seemed "bad" to you, and you would have looked for elements of "bad behavior" in them — regardless of the fact that you didn't even know them, or have any prior contact with them.

The concept of "objectiveness" (in the sense of "objective truth of reality"), is actually self-contradictory. The term "objective reality" is a contradiction in the same way that "wet fire" or "dry water" are contradictions.

No two people would view and experience the same situation "objective reality" in the same way. There are no two people whose experience of a third person would be identical.

Your way of thinking and the thoughts you think most frequently are of the utmost importance when it comes to experiencing the world around you. The way you experience the world is the way it will be for you, but this is not because the world is "objectively" that way; rather, it is because you see it that

way, and the reason you see it that way is because you view it *through* your thoughts (mental prisms), which you think most frequently.

Thoughts are the bridge that connects you to the reality you experience

When we think of something, we *become energetically connected* to what we're thinking and begin to acquire the vibration of that which we're thinking of. Prove it to yourself. If you think of a painful experience for five minutes, you'll soon sense a feeling very similar to the one you felt when the actual experience took place. The same holds true for thinking about pleasant experiences.

We connect with what we think about. Thoughts are a bridge that connects us to the reality we are experiencing. When we don't have any thoughts (for example, during deep meditation or orgasm), the world around us stops existing for a brief moment. In such moments, we simply *are*.

If we think about abundance, we begin to acquire the vibration of abundance, and we begin to notice abundance around ourselves more. If we think about lack, we begin to acquire the vibration of lack. However, regardless of whether we see abundance or lack around us, we are correct in both cases. This is precisely due to the non-existence of "objective reality."

By choosing the thoughts we think of most, we choose the reality with which we'll connect. The reality that we're connected to becomes the reality that we experience. Essentially, what we experience is our reality.

Resisting the unwanted means being focused on the unwanted

When people see something they *don't want*, they often tend to resist it. But we give power to everything we resist, since our thoughts are focused on what we are resisting. The resistance we feel is a consequence of our thoughts *connecting to what we don't want* (otherwise we wouldn't even feel it), but as soon as we're focused on what we *don't want*, what we *don't want* becomes ever more present in our lives — *regardless of the fact that we don't want it*.

Therefore, if there's something you don't want in your life, instead of resisting it, focus your attention on what you *do* want.

How will you know when you're focusing precisely on what you want?

When you're focused on what you want, you feel that what you desire is coming towards you, and you feel almost as if you already attained it.

When you're focusing on what you want, you *feel* that what you want is coming to you and as if it's already yours.

When we criticize or judge something, *despite our (best and most honorable) intentions*, we draw what we criticize and judge into our lives because as soon as we think about the person, thing, or trait that we are criticizing or judging, we are connecting to it vibrationally.

Thought connects us to what we're thinking about. Thought is the bridge between “us” and what we're experiencing. We were told long ago (and not in vain), “Judge ye not, that ye not be judged”.

Thought connects us to what we're thinking about...regardless of whether we're thinking about the past, present, or future...about what we like or what we don't like...about what we want or the lack of it...about what we're doing or what someone else is doing.

I know living in present-day society is anything but easy — being “bombarded” by all kinds of information on a daily basis and trying to totally isolate yourself mentally from all of it. But with the gradual training of your mind, focusing *on what you want* in your life, you will acquire the additional knowledge and skills that will allow you take yet another step, making progress in this way until you reach the goal you wish to achieve. Daily meditation brings you (among other things) the ever-increasing ability to focus on and think those thoughts that will allow you to feel truly well.

Regardless of what your current reality looks like, you are in a position to start creating a new desired reality because you have access to the most powerful means to do so: YOUR THOUGHTS! Always bear in mind that thoughts aren't “something” that appears randomly from time to time, but that they are, in fact, the most powerful tool for creation, which is always at your disposal.

On July 13, 2007, an interesting article appeared in the *New York Times*:

Mr. Matthew Nagle had been paralyzed for five years prior to the experiment. A small sensor was implanted in his brain, by means of which Mr. Nagle could *use his thoughts* to move the cursor, open e-mails, play a simple video game called “Pong,” adjust the volume of the TV, and do similar things. After the sensor was implanted in his brain, Mr. Nagle would imagine his hands performing giving various commands. The computer would recognize Mr. Nagle's thought content and would perform tasks based on this.

Fascinating, isn't it? How did the computer "read" Mr. Nagle's intention? ²

² The famous Japanese scientist Dr. Masaru Emoto made a revolutionary discovery, which he laid out in his book "The Hidden Messages in Water". Dr. Emoto made photographs of frozen water crystals, which he had previously placed under the influence of "non-physical stimuli" (as he calls them in his book.) The water crystals were under the influence of various kinds of music; later, he placed different labels on the bottles, such as "thank you," "I love you," "I hate you, I'll kill you," "you fool," "war," "truth," and others. The water in the bottles on which positive labels had been placed formed beautiful crystals, while the water crystals in the bottles with negative labels became ugly and deformed. Certain kinds of music, such as Beethoven's, created beautiful crystals, while music such as heavy metal caused the formation of ugly crystals. Dr. Emoto performed experiments by putting water in contact with various other non-physical stimuli. He made photos of water crystals after placing the water in a microwave oven, then of water, which was next to a cell phone which was turned on, water blessed by Tibetan priests, and numerous others. Dr. Emoto is still actively investigating water-related phenomena. You can follow further investigations at www.hado.net

Chapter 5

Creating Beliefs

“According to your faith let it be to you”

Jesus

Every thought we think leaves tracks in our subconscious mind. Our subconscious mind is like a warehouse that stores and arranges all the thoughts we have ever had.

Thoughts are grouped together *according to their content* (i.e. in accordance with their vibratory frequency), thereby forming a particular “structure.” The more thoughts you have with a similar frequency, the more the structures formed by such thoughts become larger. The larger the “thought structure,” the greater its vibrational effect on our life.

For each area of life, we create thought structures in our subconscious mind. The largest (and thus the most powerful) thought structures are commonly called “beliefs.”

Each of our deepest beliefs was once just a single thought that became more powerful through *frequent repetition*, and thus became a prism through which we view the world. The reality in which we live is nothing more than a *reflection* of our deepest beliefs.

“According to your faith let it be to you”³ -- this is a message repeated since ancient times. There is no “reality” without our beliefs because our beliefs are precisely that which cause the reality we take part in. We either took up our beliefs from someone else or we created them ourselves, but we definitely came to this world without them.

³ Jesus

If you have a prevailing subconscious belief about interpersonal relationships such as, “Everyone looks out only for him or herself and no one can be trusted,” you can expect to attract selfish and untrustworthy people into your life *because the vibrational frequency of the thoughts that such a belief is made of is the same as the vibrational frequency of the people that you’ll attract.* After you draw such people into your life, that very experience will only serve to confirm *your version* of “the truth about the nature of reality,” and your belief will gain even more power.

If it is your belief that an intimate relationship is fresh and full of passion in the beginning, and later becomes monotonous...can you expect anything different to happen?

If you believe that it’s impossible to have a lot of money and be happy at the same time, then it’s only a matter of time when life (i.e., you) will create a situation where you will have to choose between money and happiness.

Observe any area of your life — relationships with yourself and others, health, career, finances — and you will gain clear insight about your beliefs related to that area.

There is no reality that is independent of our minds. Our minds “see” only what they’re “programmed” to see. There is no reality that is independent of the process happening inside of us.

Desires that are not aligned with beliefs

Imagine that your computer contains millions of documents on various topics. Some documents are in Word format, some are in HTML or other formats, whilst only a small number are in PDF format.

Although the computer, which is your property and sitting right in front of you, contains millions of documents, if you use Adobe Acrobat Reader you will only be able to read documents in PDF format, since some of the elements of its software can only be read by software elements contained in PDF.

Whether you are the president of a country or a great religious leader, Adobe Acrobat Reader will only open documents that are in PDF format and it would be quite silly to constantly try to open such documents in Word. Since you're aware of how computers work, you certainly wouldn't do that — you'd simply *install the required program* that can open the document you wish to open (i.e., you'd align the content of your beliefs with the reality you wish to create).

Unfortunately, many people are still trying to open a Word document (the reality they desire, which isn't attuned to their beliefs) in Adobe Reader (the specific belief) on a daily basis, and are in constant wonder and disappointment as to why it's not working!

Think about this...

- ✓ My deepest beliefs were once just a single, tiny thought, which grew and grew and grew...
- ✓ The beliefs, which many people gave their lives for, were once just a single, tiny thought, which grew and grew and grew...

- ✓ What are your two most deeply held beliefs?
- ✓ When did they form?
- ✓ Remember the times when your most deeply held beliefs were merely a single idea that you could choose to accept or reject.

My deepest beliefs were once but a single thought. Thoughts acquire “deep belief status” after frequent (conscious or unconscious) repetition of the thoughts they are made up of. In order to change my beliefs, I need to change the thoughts that I think frequently, thereby giving them a special place in my subconscious mind. My most deeply held beliefs were just a thought once.

Becoming conscious of beliefs and reprogramming them

I suggest a very simple but efficient method that you can use to bring your current beliefs to conscious awareness and create new ones.

Imagine you have been invited to be a guest on a talk show, and that the talk show host is asking you questions about certain areas of your life (the areas whose beliefs you’d like to uncover).

For instance, the talk show host asks you what you think about faithfulness in modern relationships...or...if it's necessary to work long and hard to earn the money you need...or...if people can be trusted.

Write down your most honest answer on a piece of paper. Give good reasons for it. Write down the answer in as much detail as possible without holding back — you will tear it up and throw it away later anyway.

After meditation (meditation methods will be discussed later), analyze your essay, highlight everything you'd like to be different, and write down the beliefs you'd like to adopt.

For example, if you've noticed in your essay that your belief about trusting others sounds something like, "People look out for themselves only, and nobody can be trusted," and you'd like to be around people who can be trusted, let your new belief be something such as, "There are all kinds of people; some can be trusted, and some can't be trusted in the slightest. We're all different and that's perfectly fine, but I choose trustworthy people to come into my life. Whether I'll be with people who I can trust or not is only a question of my choice."

Let's go through another example. If you've noticed, for example, that your essay says it's impossible to have a lot of money and be happy at the same time, and you'd like to have both money and happiness, you could create your new belief in the following way: "Money is money. Happiness is happiness. The one has nothing to do with the other. Neither excludes the other. Therefore, it's only a question of my choice, and I choose both. I choose money *and* happiness and I align my thinking with a reality in which I'm completely happy and living in financial abundance. Having both money *and* happiness are just a question of my choice."

When you've written down the attitudes you'd like to adopt, read them out loud at least three times a day with the *intention* of reprogramming your subconscious mind. Read them daily until you *feel* that the chosen beliefs have become your "natural" way of thinking and looking at the world around you.

The most important thing about this method is that while writing your essay you are 100 percent honest with yourself in such a way that you write down exactly what you are thinking in the moment (and not what you think you should be thinking, or what others think you should be thinking).

Chapter 6

How to “speed up” the process of creating the reality we desire

“Thoughts are mightier than strength of hand”

Sophocles

Almost all the thoughts we think affect the process of creating the reality in which we live. However, *by continuously and consciously focusing our attention* on creating the exact reality we’d like, we can achieve more rapid results.

The basic principle of attention is movement. Attention follows thought. Given that we are always thinking about something, our attention is always in motion in the direction of the content of our thoughts. By “thought content,” I don’t mean simply the object of our thinking, but the *entire frequency range of such a thought*.

For example, take the thought “the car is racing along rapidly.” In the given example, the object of the thought is the car, speeding along rapidly. However, it’s not the same thing if that car is speeding along on a highway and we’re just observing it from a distance...or if it’s heading straight for us. If the car is heading straight towards us, besides the object of our thoughts, we will have within the frequency range of that thought other frequencies that we will experience as panic, fear, and worry. There’s a completely different frequency range in a thought about a car racing along rapidly if we’re in the car enjoying the fast ride.

Every time we place our attention on something, it becomes more present in our lives. Energy travels in the direction of our attention and “feeds” what our attention is placed on. However, the type and intensity of the attention does

make a difference. The more intensely we're focused on something, the more energy moves towards the object of our attention.

In order to attract a certain reality into our lives (i.e., to align with the frequency of our desired reality), besides choosing our thoughts carefully, we have to choose ideas that are aligned with such a reality, formulate them (give them a frame of reference), and place our attention on these ideas both consciously and continuously.

Formulating thoughts

For instance, imagine you're a musician who'd like to become more creative in composing songs. You've chosen a certain idea and you've formulated it:

"I compose beautiful songs and always get new, creative ideas. The source of my inspiration is unlimited. I enjoy the creative process. People love listening to my compositions. The more I compose, the better I am at it. I clearly understand that I create my reality through my choices, and this makes me happy and creates a feeling of freedom. I choose unlimited creativity. My mind is always open to the new. Things are getting better and better for me. Things are going exactly the way I want them to because I am the one who consciously chooses what I will experience. I am a magnet for creative ideas. People recognize this trait in me, and they appreciate me because of it..."

Although everything depends on the interpretation, I still think it is important to emphasize a small difference between affirmations and formulations.

An affirmation is generally understood to be a short, positive statement where people affirm what they want in their lives. Generally speaking, it is important to make affirmations as short and simple as possible.

Unlike affirmations, formulations are more of a life story that is related to a certain aspect of life. Formulations are about setting mental frames for certain areas of our lives. Formulations are like the foundations that, although unseen, form the groundwork upon which a house is built.

You can formulate any kind of idea or concept whose content you'd like to see (experience) in your life. At the same time, it's important to use the present tense, and not the past or the future, and to *relate the content to yourself* — “I compose...I enjoy...”

It's also important for the formulation to contain thoughts whose content you'd like in your life (“I compose beautiful songs...” — correct), and not those thoughts whose content you wish to remove from your life (“I never want to be without inspiration...” — incorrect).

The content of the formulation has to appear *possible* and *very achievable in the near future*. Therefore, it would be crazy to formulate an idea that you compose beautiful songs if you haven't yet learned to play an instrument properly.

Creating the desired vibration

Why is the proper method of creating formulations important?

It's important because your goal, using the formulation, *is to create right now (and sustain for as long as possible), a vibration* in your energy fields that will attract the desired reality into your life. The content of the formulation sets in motion the *state* that you need in order to attract the desired reality, and the only way to feel a certain state is in the present moment. This is why it's important for the content of the formulation to be in the present tense, and for the thoughts that it is made up of to be in accordance with your desires.

It's not about you trying to convince yourself — or lie to yourself — that you're composing beautiful songs and that you're full of inspiration; rather, it's about *a conscious creative process* through which you create the precise vibration in your energy fields required to attract your desired reality.

Focusing attention on the formulated thoughts

You can focus your attention on the chosen formulations any way you like. What's important is to think in alignment with the *content* of such a formulation and to *feel* aligned with such content.

Your formulation can serve as a basic theme that you will develop further in your thoughts, and you can also repeat it mentally or verbally, thereby focusing your attention on it. You can also write it down and thus focus even more on the content of the formulation. You can also combine the aforementioned methods.

However, it's not enough to mechanically repeat the formulation — you have to focus your attention on it powerfully and frequently. It's extremely important for you to *feel* its content, as if it were happening right now — *feel (experience) it as if what you'd like to happen is already happening in your life*. The more you “feed” it, the bigger it gets and proportionally more present in your life.

I suggest you purchase a notebook in which you'll write down formulations and their continual development. In this way, you'll be able to view the formulation you created more objectively.

The *clearer* your formulation (i.e., described in greater detail), and *the more often you repeat it, write it down, or focus your attention on it in any way*, the faster you create the reality you desire (the reality that is in accordance with the content of your formulation). By frequent repetition, your thoughts become more powerful.

Three big mistakes

Some people put in a lot of time trying to create the reality they desire, but despite their strong will and persistence, they experience almost no changes. One of the reasons for the lack of desired results when working with formulations is *ignoring the vibrational factor*, which has been mentioned earlier, and that is necessary for creation. You see, every formulation affects, i.e., puts in motion, a certain *state* (a basic/foundational vibration), which is precisely the most important factor in the creative process.

With this in mind, I'll mention three kinds of formulations that appear correct at first sight, but in fact are not because by using them we get into a state that isn't adequate to *attract* what we want. Since we've already used the formulation "I compose..." as an example, we'll continue with its variations:

✓ **Lust/craving**

"I want to compose beautiful songs and I want to get new, creative ideas."

Although this formulation seems to lead us towards composing beautiful songs, the vibration created within you when you use such a formulation only attracts *more wanting*. Craving goes together with impatience, and impatience creates a clutching feeling that *repels* what we desire.

Unlike craving, desire creates a *state of joyful anticipation of the desired outcome*, and in such a state, our attention is precisely on what we desire.

Desire contains within it an intention that is directed towards the object of our desire — the direction of what we wish for. Craving contains within it a confirmation of not having the object of our desire; therefore, it's focused on the not having of what we'd like to have.

The basic question that you can ask yourself in order to differentiate desire from lust is the following: "What do I *feel* with respect to the final outcome of my wish?"

If you feel joy, joyful anticipation, and a lot of time at your disposal, it's a desire. Everything else is craving.

✓ **Trying**

“I’m trying to compose beautiful songs...”

This is yet another variation that creates an inadequate *state* for composing beautiful songs...“I’m trying” attracts a similar state — more trying and trying. And you don’t want that, do you?

✓ **Searching**

“I’m looking (or searching) for a way to compose...”

I think you’ve guessed it already: the emphasis of such a formulation is on *searching*. This kind of formulation places you in a *state* of searching, but you can only find (or receive) if you’re already vibrationally aligned with what you wish to receive.

When you are in a state of seeking, all you can do is continue seeking.

Only a formulation that sounds like, “I am _____ (already what I wish to be or have in life)” represents the state required to attract the desired reality.

Become what you wish to become right now and that’s how you’ll align yourself with the content of your desired reality. If you want the “right person” for an intimate relationship, first *become* “the right person.” Develop all the

traits and values that you'd like the person to have and such a person will suddenly "appear" in your life.

If you want to have honest and reliable people around you, *become* an honest and reliable person.

The same holds true for the job you're doing, your financial status, and your health...

*"Therefore I say to you;
all things for which you pray and ask,
believe that you have received them,
and they will be granted you"*

Jesus

Why aren't you already where you want to be?

Take your notebook. After meditation, think about a certain area of life that you're not happy with, i.e. that you feel should be different and that you deserve better than what you already have.

Ask yourself, "Why aren't you already what you wish to be?" or "Why don't you already have what you desire?"

Write down your honest answer. Your answer will reveal at least 70 percent of the reason why you aren't already where you'd like to be. Within your answer, you'll find out the thinking patterns that are blocking you from achieving your goal, as well as your greatest fears and doubts.

Replace the thinking patterns you uncover that are blocking you with thoughts that support what you'd like to achieve using the formulation method.

Repeat this procedure every month until you get the desired results.

Resistance to focusing on new ideas

Due to the differing frequencies between the reality you're currently living and the new reality you wish to create, it's possible to feel a certain amount of *resistance* while repeating some formulations (or focusing on them in any other way). You might even feel, on a somewhat deeper level, that you're lying to yourself.

Therefore, before using a formulation that you made yourself, take such a possibility into account and remind yourself that what you're doing is an entirely *creative process*, and that any resistance you might feel while focusing on your formulation isn't due to your intuition or inner guidance telling you that you're unable to create what you desire, but is due to your *old beliefs that oppose the new idea*.

Beliefs that create resistance came into existence in the same way — they were once just a thought...magnified by your repeating and frequently focusing on it.

In such cases, just continue to think in accordance with the formulation you've created. Give yourself as much time as required for change, since time will pass anyway. Regardless of the strength of your current belief and the resistance that such a belief might cause, if you're persistent and regular enough, your new idea is *guaranteed to be successful*.

Regardless of your experience of all this, it's always an "energy game" and thus, in the end, the idea you've given (and keep giving) the greatest amount of attention will obtain the place of honor in your subconscious mind.

Conceptual formulations

If, while focusing your attention on a certain formulation (that is different in content from your current beliefs), you still feel a great amount of resistance, instead of using formulations in which you place yourself in a position where you currently are not, you can focus on something that represents a *general concept* of what you desire to be or have.

For example, instead of focusing your attention on the idea *“I compose beautiful songs and keep getting new creative ideas. My source of inspiration is infinite...”* you could focus your attention *only* on the concepts of “creativity” and “inspiration” and on everything that reminds you of these concepts.

You could, for instance, think about creative movies, inventions, people, inspirational books, and everything else that connects you to the *vibration* of “creativity” and “inspiration.”

Because this method doesn't mention you specifically, you'll find it much easier to focus your attention on what you desire without thinking about your current feelings towards the issue. When the vibrations in your energy fields start to change as a result of focusing on the concepts of “creativity” and “inspiration” (as well as things that remind you of these concepts), you'll find it easier to feel the idea “I'm composing...” as real.

Gradual formulations

Another way to overcome the possible resistance is a formulation that sounds like, “I'm becoming more and more creative in composing songs. Inspiration is flowing more and more into my life...”

Such formulations emphasize that you're getting closer to what you desire, and that you're “creating space” for it to appear. Your level of resistance should gradually diminish, or even disappear altogether.

Vibrational alignment with the new idea

Regardless of which method you have chosen, endeavor to stay, as much as possible, in a daily *state* that is (vibrationally) aligned with your new idea, and think only thoughts that are in alignment with that state and which induce it.

Imagine you're already living in the reality you wish to create. Feel it. Let the feeling be as present as possible in you during the day because that feeling is the main indicator that you're in a vibration, which attracts precisely the reality you desire.

Remember that every thought is, in essence, a vibration that attracts a similar vibration, and the more you think a certain thought, the more you attract into your life a reality that is aligned with the content and vibration of that thought.

Gradually create an inner space for the new reality you're attracting and expecting, but whatever your present way of living is like, don't discontinue it abruptly. There's no need to rush. Give yourself enough time for a transitional period.

While creating a new reality, all you're doing is changing the predominant frequency of the energy in your energy fields, and changing the beliefs in your subconscious mind. The more energy you focus on creating your new reality, the more the energy frequency predominant in your reality until now changes into the new frequency.

As we've already said, everything's made up of energy, and energy cannot disappear — it can only change shape, i.e., transform.

The more you repeat a certain thought or idea, the more powerful it becomes and the more influence it exerts on your life. You can use your formulations while you're driving, waiting in line, sunbathing on the beach, taking a shower, or sitting at a boring meeting, before going to bed...there are no hard and fast rules.

By meditating regularly, the “world of energies” will become less unknown and mysterious. When you glean even a slight insight into how energies work, your thoughts and the conscious and unconscious process of reality creation will become much clearer to you.

Regular meditation will increase the power of your focus, and you’ll find it easier to focus on the ideas you want, and by doing so, you’ll manifest them more rapidly.

The rhythm of reality creation

*“It doesn’t matter how slowly you are moving,
What’s important is not to stop”*

Confucius

When you notice certain mental programs (subconscious beliefs), and you conclude that they’re not aligned with your desired reality, it’s very likely that you’ll create a large number of formulations and want to change everything you don’t like overnight. I would, however, suggest that you allow yourself time and patience — as much time and patience as needed. Don’t give yourself a timeframe within which you ‘have’ to do something since this will create unnecessary pressure. There’s no hurry — always keep this in mind.

It might be best for you to choose one or two areas of your life, create formulations based on those areas, and work on them until you achieve the stage and results that you’re entirely happy with. In this way, you’ll gain enough self-confidence to go on — success attracts success.

How to easily create a habit of conscious thought control

I will show you a simple, yet very powerful method that can help you easily set up a habit of the conscious use of your thoughts.

It often happens that when people hear of the power of thoughts, they pay attention to what and how they think during the first few days, while still under the influence of a book or lecture where they had received such information.

However, due to many day-to-day problems and obligations, they forget about the power of thoughts. To avoid this, I suggest that you get a “reminder” that will always prompt you to consciously create your own reality.

The reminder could be anything you use frequently and on a daily basis. For example, a sticker that you could attach to your cell phone. Your cell phone is always close by and you use it often. Every time you use your cell phone, you will see the sticker and it will remind you of the thoughts you are having at that moment. The sticker should be purchased and attached to the cell phone *only* to remind you to pay attention to whether or not your thoughts are aligned with what you desire.

I used a sticker merely as an example. You can use anything else as a reminder. If you spend lots of time in the office, you could buy a decorative object that will serve as a reminder and keep it in a clearly visible place!

Although simple, this method is extremely effective.

Try it and see for yourself...

“Positive” and “negative” thinking are just labels

People tend to think that positive and negative thinking refers to thoughts that are positive or negative in and of themselves. However, this is not so. Positive or negative thinking is simply a certain way of thinking, and is not related to any specific thoughts.

Positive or affirmative thinking means thinking only those thoughts that are aligned with the reality we wish to create — thinking those thoughts that *affirm* the reality we wish to create.

Thought is energy. Energy in and of itself is neither positive nor negative. There is no thought that is solely positive or negative. *A thought becomes positive or negative only when we determine what kind of reality we desire in our lives.*

Therefore, if you desire a life of abundance, thinking about the idea that money flows abundantly into your life is positive, since it *supports* (i.e., *affirms*) your desire for financial abundance.

However, to a monk who has made a vow of poverty, thinking about money coming into his life in abundant quantities is a negative thought!

Why?

Because it *negates* the reality he wishes to create. In order for the monk to act affirmatively (positively) in accordance with his vow, he would have to entertain thoughts that support his poverty.

Therefore, don't accept pre-conceived notions of what is "positive" or "negative," but rather, take a look into your heart and become conscious of what it is that you truly desire to create, and then act "positively" towards that end.

Such an approach is the only guarantee that, having received what you wanted, you will have received what you *expected to receive*, and will have fulfilled the initial reason for having begun to create that specific reality. *You have a mind in order to use it, and not so someone else can think for you.*

Chapter 7

How to find out what kind of vibration you're emitting at any time

"Your feet will bring you to where your heart is"

Ancient Celtic Proverb

We are continually sending certain vibrations into the universe that are caused by our thoughts. It is very difficult to objectively assess what kinds of thoughts are spinning around our heads throughout the day, and it's especially difficult to appraise those thoughts that stem from the beliefs we are not even consciously aware of.

Despite this, however, there is a very simple way to accurately find out what kind of reality we are attracting at any given moment. The method is very simple. All we need to do is to pay attention to how we feel.

In order to most easily determine what kind of vibration you are sending out at any given moment, you need to pay attention to the way you are feeling at that time.

What we feel is a result of the predominant thoughts at that moment. Feelings are the clearest indicators of our current state (and, as a consequence, of the vibration we are emitting).

For just a moment, stop reading this book and pay attention to the way you feel...

Regardless of the desires you wish to manifest, you are creating a reality aligned with your current vibration right now!

If you are complaining about anything, *even if it is because you wish to change something for the better*, the vibration of your energy fields aligns with the frequency of what you are complaining about, and thus you get...you know what.

Despite this, very few people pay regular attention to their feelings. If we do not become conscious of our feelings, we will be forced to “dance to someone else’s tune” to a certain extent for the rest of our lives.

Being insufficiently conscious of one’s own feelings is one of the main reasons most people do not even know what they want in life.

From our earliest childhood days, society “forces” us to suppress our feelings. They constantly warn us “don’t cry, don’t yell, don’t laugh loudly, don’t show your weaknesses...” and such warnings are seen in everyone’s lives. Despite all this, however, feelings are the centre of our lives and are part and parcel of everything we desire.

Whatever it is that we desire, we desire it solely because of certain feelings that we think will be predominant when we get what we want.

There are hundreds of different feelings that surface within us on a daily basis, and that we will not become aware of if we don’t pay attention to them.

Without being conscious enough of our feelings, it is difficult for us to express what it is we actually want out of life and the people around us.

Make a daily habit of becoming conscious of what you feel. However, make a clear distinction between what you *are truly feeling* and what you *think you should be feeling*.

To make it easier for you, I will make a list of emotions that people tend to desire. Some of them (or certain combinations) could be said to fall under the common phrase, “I feel good”...

A list of emotions

Active, abundant, accepted, responsible, adequate, admirable, adored, wealthy, pleasant, ambitious, appreciated, attractive, awake, conscious, impressive, balanced, courageous, beautiful, blessed, amazing, gifted, peaceful, capable, cared for, centered, careful, certain, pure, clear, comfortable, self-confident, satisfied, cooperative, brave, audacious, protected, desirable, dignified, disciplined, keen, ecstatic, efficient, elegant, emancipated, energetic, euphoric, excited, beloved, graceful, flexible, focused, free, gifted, gracious, charming, protected, happy, healed, friendly, honest, important, self-reliant, influential, innocent, interested, joyous, kind, faithful, mature, modest, noble, open, open-hearted, organized, calm, passionate, patient, tranquil, agreeable, popular, positive, powerful, praised, ready, prosperous, advanced, directed, radiant, relaxed, remembered, respected, rewarded, skilled, strong, supported, thankful, tolerant, unique, precious, vital, worthy...

The above list is not complete, and I invite you to add to it every day with newly discovered feelings.

Chapter 8

How the environment affects your new ideas

Your new idea (about the reality you wish to create) will initially be influenced by all kinds of different effects, and until it becomes powerful, it will be a good idea to share it only with people who think in a way that is aligned with your new idea. The people you associate with influence you a lot.

Of course, I am not saying to stop keeping company with everyone else, but simply to take care of whom you *share* your ideas about your new reality with.

I recommend that you temporarily stop watching films that cause fear and stress. It is only when you become more aware of the energies within and outside yourself that you will realize to what extent thrillers and crime movies ruin your energy system by keeping you in a constant state of tension. Whenever you watch such films, you are energetically connected to the scenes that take place therein, and not only for the duration of the film! Your subconscious mind absorbs such information and affects the reality you are living in accordance with it. Such films are a prime cause of our many fears.

Your subconscious mind does not differentiate the real from the imagined ⁴. Your subconscious mind does not “see” a difference between a tense scene in a film and a tense scene in real life! From the standpoint of the subconscious

⁴ Research conducted a few years ago on 46,000 heart patients of whom half had taken a placebo and the other half heart medications, showed that the results of both control groups were the same. The patients who had followed the doctor’s instruction regarding the regularity of taking the pills got the same results, regardless of whether they had been taking the real medicine or a sugar pill. This is just one of several thousand studies that clearly show that our subconscious mind does not differentiate between what really happened and what we just imagined happened. Source: *British Medical Journal*, 2006. 333: 15–9

mind, such scenes are reality that has “really” happened, and precisely due to this, your subconscious mind stores such thoughts, which, having been stored, continue to affect your daily reality.

I can already hear some of you saying, “I know it’s just a film, and I don’t take such scenes seriously. As soon as the film is over, I forget them. I just see it as entertainment.” This may be so, but your subconscious mind stores everything your eyes see (and even more than that). Study the effects of subliminal messages and it will become clear why our subconscious mind “sees” more than we are aware we see. You could be completely emotionally detached from the film you are watching, but your subconscious mind adds up all the scenes with no exception. No one can watch a film with tense scenes and prevent such images from entering his subconscious mind. It is like saying that you can hold your finger in a flame without getting burned – it is just impossible!

The same holds true for a large number of newspapers and magazines. They are often full of gossip stories and negative content, and when one reads such things on a daily basis, they can become part and parcel of their reality.

Many journalists have become true parasites, striving to find intriguing titles just so their stories can be published. If they are “sick”, do not let them infect you. If such journalists have gotten involved in a reality that is full of „negativity“, this is their problem. Let them suffer the consequences of their own choices, while you *choose* what truly makes you happy. Only that which truly makes us happy is worthy of our time and energy.

“Raped his own daughter...” “Found in bed with another...” “Twenty-year-old dies in car crash...”

Why all this? There is no benefit in reading such texts because they merely cause additional fear and worry. Fear and worry are also your creations.

Analyze the songs you listen to often. What are their lyrics like, and what kinds of feelings do such songs provoke within you? If the lyrics and the feelings they create are not aligned with the reality you wish to create, simply stop listening to them.

The universe is a field of infinite possibilities, both positive and negative. Everything that can be imagined can exist, and thus it is to be expected that different possibilities will come into expression every day. This is not strange. What is strange is getting involved in a reality that you actually do not desire. That is the strangest and most incomprehensible thing.

Why do most people continue creating a reality that they do not want?

Clearly choose the reality you desire, and act accordingly!

Chapter 9

Acceptance

“If not now, when?”

The Talmud

Each of us has received the opportunity to take part in this wonderful game called life. However difficult things might seem at the moment, understand that it is just a consequence of your thoughts, those that were predominant in the *past*, and that you can start creating a different reality in the same way *right now*.

Accept your current situation the way it is and move on. Accepting the current situation does not mean you have to be satisfied with it, nor does it mean that “destiny” willed it to be so. Acceptance simply means *respecting that you have arrived where you are now solely due to your own choices*.

Acceptance means respecting that there is an order in the universe and that nothing occurs by accident — no matter what it might seem like to us at times.

Only when you have fully accepted the idea (or concept) that you have created the reality you are living in through your own thoughts and choices will you be able to gradually start creating the reality you desire.

The most powerful starting point

*“What you are is what you have been,
and what you will be is what you do now”*

Buddha

The moment of acceptance is *the most powerful starting point* from which we can begin to direct our lives in the direction we desire. The moment of acceptance can happen only here and now because the only reality that can exist exists here and now. Nothing ever was, nor ever will be, that is not here and now. Whenever we think about the past, now is the moment it is happening. Whenever we think about the future, now is the moment it is happening. We will never be able to experience anything that is not in the here and now.

I shall repeat that acceptance means you have accepted that you have arrived at the ‘here and now’ through your own choice — whether conscious or unconscious. If you don’t, you run the risk of seeing the world as a very wild, unsafe and unpredictable place to live.

If you do not accept that your life in this moment is simply the consequence of your choices and your way of thinking in the past, the only remaining option is to see events as happenstance; in other words, feeling that happiness belongs to some people and not to others.

There are no other options — either everything occurs by accident or there are laws that govern existence.

If you believe at a deep level that things happen by accident, then you are never able to relax. There is constant unrest within you, a tension and an inner battle. You are constantly turned towards the external world due to various fears and the desire to control.

So think well about the reality you desire. Every option you can imagine already exists⁵, *and the choice is solely yours.*

⁵ Quantum physics maintains that everything that can be imagined and more already exists. Therefore, every possibility already exists, and in order to explain such a possibility, quantum physicists use the term “quantum soup.” The ancient texts often explain this phenomenon by using the simile of the sculptor and the stone. The finished statue is but one of the infinite possibilities wrought out of the stone, which the sculptor has at his disposal. The rock itself, seen from the viewpoint of the statue’s form, contains all possible forms, but the sculptor’s *intention* is the determining factor that causes the exact statue envisioned by the sculptor to appear out of an infinite variety of possible forms. The ancient texts teach us that our reality is created in a similar fashion...our conscious or unconscious choice of a certain reality causes us to experience the exact reality we chose, while all other realities still exist as potentials.

Chapter 10

Creating problems (problems as challenges)

*“If the sun shone every day,
the desert would be everywhere”*

Ancient Eastern Proverb

Despite that we live in a time when science has made great advances, there are still many superstitions floating around, and many still believe that the Universe, Source, the Creator, God, Goddess, or whatever you wish to call it, favors certain people over others. They view God as someone who constantly “tracks” them, waiting for them to make a mistake in order to punish them.

If you belong to those who think like this, I would suggest that you stop doing so and immediately refocus your attention to what you truly desire. Of course, it is much easier to complain and criticize others, like most people do, but please be aware that such an approach hurts you more than anyone else.

Ancient spiritual teachers would often teach that every time we criticize someone’s bad deeds, we free them of a part of their bad “karma” by taking it on ourselves.

In ancient days, man was not educated enough to understand the functioning of the universe according to the principles of vibration, so spiritual teachers “labeled” natural laws with concepts that were simpler to understand, such as “karma,” which means nothing other than vibrations attract identical vibrations.

Each time you place your attention upon something, it takes up an ever more important place in your life. If you complain about something, your attention, and thus your energy, is being focused on something you do not want, and this is precisely what causes what you are complaining about to be even ever present in your life.

Energy follows your attention unconditionally, and does not ask you for a reason why you have placed your attention on any particular situation. The more you place your attention on something, the more it becomes present in your life.

I would like to emphasize one more thing. You are either a person who believes that you create your own life or one who believes that life simply “happens” (independently of you), i.e., that your problems are caused by other people or external situations.

If you believe that life simply “happens” as your problems are caused by other people and external situations, then you have no reason to worry about anything, since you cannot do anything about it anyway — life simply happens independently of you.

However, if you are ready to take responsibility for your life (in the sense of taking responsibility for the consequences of the choices you have made thus far), *then you are also ready* to create the reality you desire.

When I say, “take responsibility for your life,” I do not mean that anyone is going to ask you to be accountable because of complaints or sanctions. By “assuming responsibility” I mean exclusively *the way of looking at* what is going on in your life. By assuming responsibility, you accept yourself as the creator of your reality, and only then can you start creating something different; something better.

Taking responsibility for all the events and circumstances in your life is not an easy task — it requires a lot of courage and trust in life, but in the end such an approach is far more profitable.

By complaining about anything, or by blaming anyone about the situation you are in, you continue to participate in the creation of your life, and you are still a creator, but not in the “direction” you desire.

When you find yourself in a situation that most people would complain about, focus your attention (and thereby your creative energy), on the question, “How can I solve the current situation?”

This approach opens your mind to solving the problem that has appeared, and focuses your attention on what will solve the problem, instead of an even more problematic situation. Although these might seem the same at first glance, they are in fact entirely different approaches.

Energy follows your attention regardless of the reason your attention is focused on that particular situation — and the more you focus your attention on something, the more evident it becomes in your life.

Instead of using the word *problem*, use the words *CHALLENGE*, or *OPPORTUNITY TO GROW*, or simply *SITUATION*. In our society, the word *problem* is almost always associated with something negative, even though, if you look back a bit better, it was precisely your “problems” that caused you to change and think about life and your goals most.

Anyway, what would you do in life if you had no “problems” (or better stated, “challenges” and “growth opportunities”)?

Do you actually think that the Universe could hand you a problem randomly or by mistake?

Practice looking at your “problems” in the following manner: look for the ‘link’ you need in order to fulfill the wish (or wishes) that you have.

An appropriate formulation would be, “I see great opportunities all around me. I am completely free to choose what makes me happy. I know that my problems are wonderful opportunities that make my growth and development possible. I see my problems as challenges that I approach joyously. I accept my responsibility for my life 100 percent.”

The main cause of problems

Have you ever thought about why problems are your constant companions in life?

As soon as we approach the solution to one problem, others start to pop up, and so on. Sometimes we feel that the solution to one problem gives birth to several new ones. But before we continue, I will ask you something else:

Have you ever been without desires during any period of your life?

It’s impossible, isn’t it? If things were going badly for you at a certain time, you *wanted* them to get better, and if things were going well, you *wanted* them to be even better.

Therefore, it is impossible to live without desires. As soon as we obtain something, we immediately want more. If something is not going well, we want

it to get better. The need for growth and evolution is embedded into human nature, and this is completely natural. If it had not been there, we would not exist.

However, as soon as you want something, consciously or unconsciously, the object of your desire is not within your reach at this moment, and something needs to be done to get from where you are now to where you wish to be.

Your thoughts, knowledge, skills, and other attributes, have brought you right here where you are now. However, in order to achieve what you desire, you have to acquire new knowledge and skills; that is, you have to expand the totality of your abilities.

If you are the owner of a company that operates in only one country and you would like to expand your business to other countries, it becomes evident that you need to do something. Your desire to expand is the activator of the entire process, but by itself it is not enough. Your desire activates the process necessary for its completion. As soon as the Universe “receives” a desire, it offers you various possibilities of acquiring the needed knowledge and skills that are necessary to manifest what you desire in your life.

Still, the Universe does not offer ready-made answers, but rather different possibilities that you can (but are not obliged to) accept. It offers you precisely those skills and means by which you can achieve exactly what you want. If the Universe provided ready-made answers, it would be akin to buying a crossword puzzle that had already been solved — what would you do with it?

Therefore, as a reaction to your desire, the Universe offers possibilities, hidden within different situations, commonly called **PROBLEMS!**

I believe you have already realized that the main causes of your problems are precisely the very desires you have. In view that it is impossible to live without desires, it is impossible to live without problems. Even if you get rid of all desires, it is still a desire to be free of desires.

The “greater” your desires are, the greater your problems because the “greater” your desire, the longer the path you need to travel in order to achieve it. The “larger” a problem, the more it can offer us.

So, as long as you have desires, you will have problems. Seeing that it is impossible to live without any desires, do not postpone the *allowing* of joy into your life, (like most people do), waiting for the day when you will solve all your problems because you will certainly not see that day. Rather, *create* a daily habit of living a joyous and fulfilled life, *while simultaneously* solving day-to-day problems (situations).

Objective and subjective problems

Are there truly any objective problems that are also independent of our desires?

The answer is a resounding NO! The same way that there is no reality independent of our minds, there are no problems independent of our wishes.

If a famous scientist told you that a huge and destructive earthquake would take place in twenty minutes' time on a planet several hundred thousand light years from earth, would you see this as a problem?

You would not, would you?

But if that same scientist told you that a similar earthquake would take place on our planet, how would you react?

Would you panic? Get nervous? Feel helpless? Sad? Worried?

Exactly. Me too.

But why?

Because it is connected to your desire for the security of the planet you live on.

The earthquake is nothing more than a natural event. However, an event becomes a problem only in relation to (or because of) your desires.

So a problem appears in two phases. The first phase is the objective event that has no meaning. The second phase is our subjective interpretation of such an event. We will experience it the way we interpret it. The choice, as always, is solely ours.

Big problems and small ones

Just as there is no reality independent of our minds, there is no problem that is already predetermined as being big or small. It is us who define it as big or small, depending on our perspective — the way we subjectively interpret a specific event.

In days gone by, people used to die of tuberculosis, which made the illness a great problem for humanity, whilst today tuberculosis is being cured without great difficulty.

Despite that AIDS is a big problem today, in a few years' time, when the adequate treatment is found, it will no longer be a "monster."

Is a 100,000-Euro debt a big problem or a small one?

Of course it is a big problem if your monthly earnings are 600 Euros at most, but if you earn 50,000 Euros a month, such a debt is almost negligible.

Therefore, whether a problem is big or small depends only on you and your way of looking at it. The problem itself is neither big nor small. The situation, which we call a problem, is in its essence just an "event," the result of something, and our way of looking at the problem is what defines it as being big or small.

The 85/15 rule

No matter what your current reality looks like and how distant it is from what you would like it to be, keep in mind that when viewed from the perspective of the creative process, everything that is happening now is the past.

Everything that is present in your life right now is the result of the thoughts and actions that you put forth until this moment. This, however, does not mean that the current situation cannot be modified — no matter how difficult it might seem to you at this moment.

Focus 15 percent of your attention (and thus your energy) on situations you do not like that you simply *must* solve. Having a „positive“ approach to life does not mean running away from problems or being blind to things that bother you. In order to solve certain uncomfortable situations, you need to be somewhat involved in them. At the same time, always keep in mind that what you are solving is nothing more than the past, and that, in an emotional sense, you should keep a certain detachment towards all of that. Focus the remaining 85 percent of your attention on the way you want things to be.

What has already happened in our life is a fact that we cannot change — but we can choose our attitude towards it. By choosing a different attitude, you have a different experience of the same factual event. Remember, there is no objective reality as such because every reality you are living is only the reflection of the way you look at things. Someone else would/could view the same factual event differently.

Chapter 11

Becoming conscious of our heart desires

*“Your work is to discover your work, and
then with all your heart to give yourself to it”*

Buddha

There are two kinds of desires. There are those that emanate from ourselves (from our hearts) — the heart desires — and there are those that have been imposed upon us by society — these are the imposed desires.

In order to allow the joy within us to express itself freely in the reality in which we live, we need to (1) *make conscious* and (2) *work towards fulfilling* our heart desires. These are the desires that take into account our:

- ✓ unique talents
- ✓ the totality of the situation we are living in
- ✓ our level of consciousness, and most importantly
- ✓ the reason we came to earth (what we came here to experience).

Everything is for a reason and nothing happens by chance. We have all come to earth for a special reason, and it is precisely our heart desires that lead us to becoming aware of, and living, our life purpose. The more we live in alignment with our purpose, the more we allow ever-greater joy to be present in our lives!

If you think about it for a while, it all comes down to the following question — do you feel your stay on earth has any meaning? The answer to this question is so important that your whole life depends on it — literally, your whole life.

I remember when I still wasn't aware of the existence of a life purpose. From today's perspective, it is truly incredible that I could live and not notice the all-encompassing magic. Why was I unable to see the connecting link between all the events that happened in my life?

How did I get the idea that certain things happen by accident in such a perfectly created universe? Where did I get such thoughts? Why did I accept the idea of a life without purpose, without having taken a deep look into myself and all other possibilities?

Could there be even one single option that the Creator has not foreseen? Is there anything in existence whose possible existence has not been foreseen?

Perhaps I was afraid of stepping into the unknown and leaving the security of an "average everyday life." I think that was the reason.

But why was I so afraid of doing that?

On the one hand, I didn't know what was in store for me if I took up such an adventure, and on the other hand, who could guarantee me true security in the way of life I had already been living?

Is there anyone who can guarantee us security in anything?

I think no one can. Safety and danger are, metaphorically speaking, two sides of the same coin. It is impossible to live in security, and at the same time, feel no fear of danger and unpredictability because this is a "product" that can only be bought in the same package.

There is no security without the existence of danger and unpredictability at the same time. When we feel safe, the opposite feeling becomes active at an unconscious level — the fear of danger and uncertainty. If it were not so, security would not exist.

However, security itself is an illusion. What we wish to gain by seeking security we can actually only obtain by becoming aware of our “true nature” and of the laws of the universe that we live in. Heart desires are precisely the tool we have been given to do this.

Remember how often you wanted something, put a lot of time and energy into it, and when you got what you wanted in the end, you realized that it was not what you had been expecting?

How often have you wanted to have a relationship with a certain person, and when you finally achieved it, you started devising a plan to escape from the relationship as quickly as possible?

These things happen to us only because we are unaware of our heart desires.

Becoming aware of our heart desires enables us to have more time because our time and energy are focused precisely on the creation of what we truly find appealing (viewed from the perspective of our life purpose), and thus we do not waste time on unnecessary things. If we truly know what we desire, we have completed over 50 percent of the work just by doing this.

Becoming aware of our heart desires is a process that has no end, and with every fulfilled desire, a new door opens through which new desires enter...

I invite you to start paying attention to all the desires you have, but make it your intention to become aware of, among all other desires, your heart's. Regular (1) *meditation* and your (2) *intention* to become aware of your heart desires will help you immensely in this endeavor.

Until you find the way to make conscious your heart desires that are most adequate for you, I recommend using the following method:

Take a pen and notebook and write down all the desires you wish to achieve. Write down all the desires that come to mind, those you think you can achieve as well as those you want but think you cannot. Write down those you would not dare confess to anyone.

Meditate for about twenty minutes. When you are finished, get the notebook with the desires and read through them slowly with the intention of identifying the heart desires.

The abovementioned method does not have to be done every day, only when you are in the mood.

Approach the whole process in a relaxed fashion, and your heart desires will be revealed to you without effort, and in a way you understand. Either they will be some of the desires you had written down, or you will “receive” a completely new desire that you will recognize as one of your heart desires.

A relaxed and natural attitude with no set deadlines within which you have to find your heart desires is the most important factor behind this process. It is important to focus your *intention* on becoming aware of your heart desires. They will surface in the order best suited to your current life situation. The ‘Inner Wisdom’ within you knows your intentions and is just waiting for the right moment.

Finding one’s heart desires is, in fact, not a big issue. On a deeper level, you already know them. You don’t need to complicate things or ‘work hard’ in order to become conscious of them, but simply *state your intent* to become conscious of them and *allow* them to rise to the surface.

Your heart desires are those you have always dreamt about and didn’t dare achieve for various reasons. When you recognize your heart desires, a feeling of joy, enthusiasm and a will to act to achieve those desires is inevitable.

It is never too late to start becoming aware of your heart desires. It is never late to start living your dreams. Life constantly offers us new opportunities that are exactly suited to the time, place and situation we are in, but that we often can't recognize due to our rigid attitudes or belief systems.

You need to realize that you are not the attitude — you are the one who can choose any attitude you like. An attitude is an attitude. You are you. You can choose any attitude you like, but by doing so you don't become your attitude (unless you identify with it, which we will talk about later). Be flexible with your attitudes and belief systems, and adapt them in a way that will align with your heart desires and dreams.

Dare to live your dreams! Dreams are not for dreamers. Dreamers are soon left without dreams. Dreams evade those who don't firmly resolve to fulfill them, and who don't work to achieve them on a daily basis. Dreams stay only with the bold, disciplined, persistent and courageous.

Live your dreams! This is the most beautiful and precious thing you can do for yourself and the world. This is why you came to this earth. If there is such a thing as sin, the worst sin is surely *not living* your dreams!

Becoming aware of your heart desires is indeed a great act, but the mere act of becoming aware has no real meaning if you aren't ready to do anything in order to manifest those dreams in your life. Let us start by explaining the practical methods to fulfill them...

Magic keys for setting and achieving goals

*“No wind will be of any use to the
one who knows not where to sail”*

Seneca

We have already spoken about the importance of becoming aware of our heart desires. However, the mere fact that we are aware of them does not mean that our job is complete. Once we have become aware of our desires, we have to fulfill them.

Although some authors make no difference between desires and goals, in the context of this book, a desire presents a wider concept than a goal. I use the term *desires* as a somewhat more general term, while goals are those that help us manifest our desires.

One of your heart desires might be, for instance, to provide medical care for people who have a certain disease, while one of your goals, in the example mentioned, might be to become a good doctor. In order to do this you have to complete medical school, and then specialize in a certain field of medicine, and do all the other things that are necessary in order to become qualified for what you want to do.

The suggested methods are just basic models of how this process works, and you will have to work out the way to apply them in life yourself. Each of us is different, and regardless of how well a certain method has been described, there is always something remaining for you to do on your own while utilizing such methods and taking into account your personal preferences, lifestyle habits, and life situation.

When it comes to setting goals, the common wisdom given in most books say something like the following: find out what you really want, set a deadline,

write it down on a piece of paper, and start accomplishing it, doing something that brings you closer to manifesting the goal every day. The emphasis is mostly on how to reach the goal.

I, on the other hand, view the problem somewhat differently: how to achieve a certain goal is not as important as the following:

- ✓ Why you wish to achieve it, and
- ✓ How to align your goal with its corresponding heart desire.

If we find the reason why we wish to achieve it, we arrive at the motive behind that particular goal, the motive being the most important thing in the process of achieving your goals. Only a powerful motive is capable of giving you enough strength to overcome all obstacles that will undoubtedly appear while reaching towards your goals. When you have a good enough motive, nothing can stop you from achieving your goals.

As the old saying goes, “Where there’s a will, there’s a way.” A proper motive is precisely what activates our will. The more our motive is in alignment with our heart desires and our life purpose, the stronger it becomes.

We have already spoken about the emotions that lie behind all of our desires. With this method, we use the desired emotions as a starting point.

Only when you have clearly defined the emotions you wish to achieve (that is, those emotions that you wish to be present in your life), do you start reaching for the object (thing or experience) that you think will give you the feeling you are looking for.

Magic key no. 1

Everything we desire to experience, we desire only in order to experience a certain feeling or combination of feelings. The time and place in which we are living determine the external appearance of the goals that we have; however, the true motivation is the *feeling* behind all this, and thus we expect it to be activated and present once our goal has been achieved.

Let's say that you wish to become a successful doctor. Someone who wishes to become a successful doctor does not wish to do so in order to be a doctor, but because they expect to feel certain feelings in their life. Being a doctor means nothing in and of itself. The function of being a doctor only allows the person to feel the experience that he or she expects to feel while performing the duties of a physician. We go through each life experience solely through our feelings.

You have gone through the List of emotions (on page 64) and you have, for example, decided that you wish to become a doctor because you wish to feel useful, responsible, honorable, reputable, dignified, and ambitious.

After this, *feel* each one of the selected feelings separately, as if it was already present within you. Feel it as if it “really” existed.

Then, having felt them separately, take all the feelings and mix them into one “unified feeling.” It is precisely this “unified feeling” that is your main *motive* that is prompting you to become a successful doctor.

The more clearly you are able to define the chosen feelings, and the more frequently you keep them active during the day in the form of a “unified feeling,” the more you create precisely the vibration that will attract to you the situations, people, books, etc., required for you to become a successful doctor — or, more importantly, *something entirely different and much better, which you would not even have thought about when defining your goal!*

Now imagine a personal goal that you want to achieve. What do you think you will get when you achieve this goal? Can you define precisely what you expect to get by achieving such a goal? This is the basic question that you need to have a precise answer to before you approach the achievement of any goal you might have. Until you are clear on the feelings you wish to feel, keep asking yourself the following:

- ✓ Why do I want to achieve this goal?

- ✓ What do I essentially expect to get through achieving this goal?
- ✓ Is this something that I *really* want, or is it something I'm doing in order to try to satisfy someone else?"

At the outset you might not find it easy to maneuver easily through the List of emotions (on page 64), but with time this process will become easier. The more precisely you bring these feelings together, and the more often you “activate” them, the faster and more easily you will be able to achieve your goals.

Defining your desired feelings related to specific goals is the most important part of goal setting. Your feelings are your motive to fulfill a particular goal. Your motives are the answer to the question, “Why would we even try to achieve a certain goal?” Motives, especially the powerful ones, are like the fuel that continuously and powerfully moves our entire being toward the realization of our goals.

Magic key no. 2

Once you have found the relevant feelings (and there could be two, three, ten, or more), act as if you already have what you desire, and bring yourself into such a state as frequently as possible. In this way, you are creating just the right vibration to attract what you want. The more you maintain yourself in such states, the faster you will attract what you want. The Universe is continuously reacting to (answering) the vibration that you are offering.

Magic key no. 3

Once you have become clear on the “unified feeling,” it is extremely important to write down your goal or goals (and to do this every day) and keep them in a

visible place, by means of which you are adding power to the aforementioned process.

Keep in mind while writing down your goals that it is not enough simply to write them down just for the sake of doing so — you need to be emotionally involved in the writing process. Write them down as if it was the first time you have done so. Don't allow the process to become a mere routine.

As you write, ask yourself the magic question, “Do I already feel the way I think I would feel if my goal had already been accomplished?”

Let the emotions you feel while writing your goals down be the main indicator of your alignment with the goals you have set.

Let your goal be clear, unambiguous, and described in very specific detail. A goal that cannot be described in detail is not a goal. *If you do not have a clear vision of your goal, set a goal to get a clear vision of your goal!*

Write your goals down in the present tense, as if they have already happened, (remember the vibrational factor we talked about earlier), and personalize them. For example, “I have passed my anatomy exam...” or “It is my intention to pass my anatomy exam...” etc. Know that the only dimension of time that exists is the now, even if you are talking about the past or the future. Everything is happening now.

Back in high school, I read in a certain book about the importance of writing down goals, but I paid no attention to this. I thought that there was no need for something like this because I “knew” the goals that I wanted to achieve then. Later on, however, just to try it out, I purchased a small notebook in which I would write down my goals, and in this way remind myself of them frequently and focus my energy on achieving them. When I wrote down my goals, I understood that I didn't have a clear idea of what I wanted out of life. Therefore, it comes as no surprise that I wasn't happy with the reality I was living. Writing down my goals was very time consuming and irritating for me, but it was an investment that made my life easier and saved me a lot of time by eliminating the goals that were unimportant to me.

After writing down my goals, I finally realized that everything that was happening in my life was just a reflection of what was inside me. If I personally had represented the Universe, I simply would not have been able to give “myself” more than what I had at that time, and more than I was. Today, when I see that things are not going the way I want them to in any aspect of my life, I know who to turn to.

I suggest you find a notebook with an impressive cover, and with a design that feels serious. Use it solely to write down your goals and ideas that could be used to help achieve them. Keep the notebook in an accessible place. Every day, look inside your notebook several times and “keep your goals company.”

When your goals are on paper, it is much easier to create and maintain a “unified feeling” required to achieve each one of them.

Magic key no. 4

Create a clear and very detailed mental image of yourself with your goals already accomplished. Make your image similar to a film in which you are taking part. Put as much detail into it as possible.

Every day, imagine what your life would look like if all your goals had already been reached. Feel it. Try to create such a vivid mental picture, accompanied by all the desired feelings, that in the end you almost feel no difference between your imagined accomplished goal and what you will feel when the goal manifests.

Don't worry if you cannot create a clear mental image. Just play and enjoy the game. Your mental images will become more and more vivid over time. Look at the mental picture creation as a game you like to play. Do this for at least ten minutes a day.

Magic key no. 5

Always bear in mind that your activities on the physical plane are just a reaction to the energy you have inside. Your activities on the physical plane are necessary for you to *receive* what you have already created. So you are not creating on the physical plane, rather, your entire physical activity is simply your reaction to the predominant vibration that is active within you. Thought is action. Your physical activity is a reaction. Every one of your physical activities is preceded by (conscious or unconscious) mental activity.

Magic key no. 6

It is important for you to feel that the goal you have envisioned is *possible* and *achievable*. If a certain goal feels unrealistic, and you can't envision yourself already having it, it is better to subdivide the goal into several phases and start with the phase that seems achievable. In such a way, you will bring the frequency of your energy fields closer to the vibration of the final outcome that you wish to achieve. Each success will bind itself to the previous one.

Magic key no. 7

Don't try to predict how the goal you have set will appear in your life. That is not your job. The Universe does not like it when you 'butt into' its business. Do your part of the work properly and let the Universe do its job. The more you meddle with predicting in how your goal will materialize, the more you slow down the entire manifestation process.

Magic key no. 8

Every time you wish for anything, the Universe hears it and reacts instantly. It is said that no prayer goes unanswered. However, due to various beliefs that are, evidently, deeply rooted in our subconscious minds, it might sometimes seem as if, despite your insistence on a certain wish, nothing is actually happening.

Needless to say, the reason is, as always, that you are mainly thinking about the lack of what you desire. Due to the power of the subconscious program (a set of beliefs related to a certain aspect of life), you can't become aware of what is actually happening and why, and how you are stopping yourself from getting what you want.

Goals that are not defined clearly and the frequent changing of goals are also part of the reason why nothing is happening. A clearly defined goal is half the job done.

Sometimes, however, and for our own higher good, the Universe does not wish to "give" us something we want until we ourselves remove the beliefs that could be more damaging than helpful in achieving a particular goal.

For example, let's say you have set the following goal, "More money in my life" and you have determined the monthly earnings you desire. You have created the relevant formulations, you have written your goals down, you are making sure that your thoughts are aligned with what you want, and you are doing everything else that's needed.

However, there is a belief you are unaware of in your subconscious mind that says, "A lot of money brings many worries." In such a case, even if the Universe were to "deliver" more money into your life, you would have many more worries than before as a result of your unconscious belief. Therefore, it is advisable to first become aware of and remove such a belief, and only then start creating the desired amounts of money.

We have already mentioned feelings (motives) that are hidden behind all of our goals, so more money in our lives will mean nothing if our worries increase in proportion to the amount of money we make.

In such cases, I recommend the following:

*Imagine a ball of white light in the area of your heart energy center (the area of your chest at your heart level). Let this ball represent your "Inner Wisdom." Focus your attention on it and send it the following request:
I ask to be shown all the beliefs, decisions and programs that are in any way preventing me from having _____ manifest in my life (place your desire in the blank space — things, relationships, states of being...)*

Becoming aware of beliefs can happen at any time, in any way...it could be a meeting with a certain person, a dream, a book, a lecture, or a flash of inspiration...

Don't worry if you can't imagine the white ball clearly. The most important thing is to have an intention to contact your Inner Wisdom.

Don't try to place conditions on the way you will receive the answer. Simply be "awake" during the day and as present as possible in the "moment of now."

The "intelligence" you are talking to knows your problem and knows the best time, place, and manner of fulfilling your request. It operates from the level of your "true nature," and not from the level of your personality, and thus has a more complete picture of your life.

Repeat the abovementioned procedure every day until you get what you want (or until you give up on you goal if you realize that it is not what you really desire).

When you become aware of the beliefs and unconscious programs that are preventing you from achieving one of your goals, replace them with beliefs that are in alignment with your goal, using the method described in "Creating beliefs."

Magic key no. 9

Write down the goals you wish to achieve, but sort them according to your *priorities*. Give the greatest amount of your energy to those goals that are at the top of your list of priorities.

Magic key no. 10

Be persistent until you achieve your goal regardless of anything that might be stopping you. Goals are achieved only by those who are persistent until the end, and who are ready to endure literally everything that comes in their way on their path to achieving their goals.

Come to a clear decision that you will persist on your path to achieving your goal until you achieve it. If your stated goal is in alignment with one of your heart desires, you can definitely achieve it.

Of course, it would be senseless to persist in manifesting a goal that has become meaningless to you in the meantime. But that's not what we are talking about here.

Magic key no. 11

Think about the new skills and knowledge that will speed up and make easier the manifestation of certain goals. You might conclude that it would be good to learn a foreign language, to get better acquainted with a specific computer program, or to develop your sales skills, and enroll in a course or order a few books or audio programs about sales.

Magic key no. 12

Talk about your goals and desires only to people who are like you, those who set goals and write them down themselves. Others don't need to know this because it is not their business.

Keep in mind that the vast majority of people are not living life fully and will unconsciously try to make you lose your motivation as soon as they feel your

enthusiasm. People who are unsatisfied in life don't want anyone else around them to be happy. Not only that, but they are very irritated by the presence of people who are happy and satisfied and who see a meaning to life!

Unfortunately, you will have to come to terms with this, and the sooner the better. Don't resent such people; rather, help them to become happy themselves or simply ignore them.

If you start talking about setting and writing down goals to a person who does not do so, and thus does not understand what you are talking about, you can only expect them to make you lose your motivation through such conversations.

Why?

The answer is very obvious and simple. If such a person felt that setting goals and writing them down made any sense, they would be doing it themselves.

Should you set a deadline for achieving your goals?

Although there are many different opinions about whether one should set a deadline for achieving their goals or not, my suggestion is *not* to set a deadline by which your goal has to be achieved. The above doesn't hold true for goals, which, by their nature have a deadline such as passing an exam on a precise date and similar goals.

The universe does not calculate as we do, and time periods mean nothing to it. The universe needs to exert the exact same amount of "effort" to help you get a pencil as it does to help you meet a partner who you truly get on well with. The manifestation of your goal does not depend so much on the time factor as it does on the clarity of your vision, your vibrational alignment with the goal you wish to manifest, and on your persistence in maintaining the desired vibration.

Personally, I feel setting deadlines within which a goal needs to be achieved creates pressure that I feel is unnecessary. I like to be relaxed and laid back when creating my reality, and such an approach resonates with me best. When I

set a deadline to achieve a goal, I become too focused on achieving the goal itself, and I find it hard to enjoy the process of goal creation in such circumstances. Achieving a goal means almost nothing to me if it wasn't preceded by a creative process that was fun.

However, each of us is different, and it is up to you to decide if you wish to set a deadline within which a specific goal has to be achieved.

If you set a deadline, and you start feeling even the slightest doubt as to whether or not you will be able to achieve the goal by that deadline, know that by doing this you are putting out an energy that repels the manifestation of your goal.

If you feel that setting a goal deadline further stimulates you in a positive direction and helps you to be aligned with the goal, then continue setting deadlines.

Chapter 12

How To Break Out Of The Daily Rut

*“Fish forget that they live in the water;
People forget that they live in the magic of the Tao”*

Confucius

Everything in the universe is constantly moving and expanding. The energy that everything is made up of, including ourselves, is always in motion. However, due to the routine that creeps into their lives unnoticed, many people stop noticing the magic around themselves.

Our senses have greatly lost their sensitivity. We eat, we drink, we make love, and we walk...always in the same way. We resist the new, and we are always putting off flowing with life, waiting for the day when something big will happen that might motivate us enough to change. But this motive is always out of reach...in the meantime, life drifts by and time lost cannot be brought back. The perfectly designed creation called “human life” sits by the sidelines and waits.

Painting a picture of the Mona Lisa is truly a great artistic accomplishment. However, the greatest art is to *create* an adventure out of the most everyday events. *Creating* a true adventure out of a simple walk, a morning coffee, a meeting with friends, a good comedy...

The key lies in the verb create. However, in order to create something new, you need to start looking at people and events in your life from a somewhat different perspective. The reality that now prevails in your life is a reflection of your present viewpoint, and from such a viewpoint, it's impossible to see anything new.

“Every day of your life is a page of your history”

Ancient Arabic Proverb

Every day, find a new way to do things. Play around. Experiment...

- ✓ Change your route to work every now and then
- ✓ Park your car in a different spot
- ✓ Introduce a new food into your diet that you previously never ate
- ✓ Every now and then, do your grocery shopping in a store where you haven't been
- ✓ Temporarily change your family's seating at the dining table
- ✓ Try to notice a new detail in your surroundings every day
- ✓ Order a drink you have never tried in the café
- ✓ Spend at least one day a week without watching TV or reading the daily paper
- ✓ Watch a film you would never watch otherwise
- ✓ View the people you knew for a long time as if you had just met them; try to look for new qualities in them; take into account that those same people have a completely different kind of relationship with other people to the relationship they have with you, but by always viewing them in the same way, you are not allowing themselves, nor yourself, to truly get to know each other.

Scientific research has shown that people who do things in entirely new ways have new cells activated in their brains. Thus, the cells are already there, but we have not been using them consciously. However, it's not only this; the entire neural net in the brain begins to reconnect in accordance with our new viewpoints. With regard to the importance and enormous potential of the brain, we might ask ourselves this very relevant question: how much are we missing out by constantly living and working in the same way?

Routine destroys human creativity, something everyone is in great need of.

Let your reactions to situations around you be “fresh creations” that you create specifically for each situation, and not routine behaviors that you regularly use in similar situations.

Whenever you approach someone or something with a pre-created concept, you stop being a human being and you become a robot. Every time you react upon your surroundings routinely, you stifle your creativity and make yourself *dumber*.

Anti-global pollution protests, anti-global warming protests, anti-terrorism protests...why does no one object to the global *dumbness* that is going on a daily basis?

What is the damage done by terrorism, warming and pollution when most people “aren’t living” anyway?

We fear judgment day, and yet we abandon ourselves to an indifference to life, waiting for tomorrow...and the next day...and the next...

We wait for some kind of miracle to happen, not realizing that life itself is the greatest miracle of all, and that the greatest miracle is happening right *now* in front of our very eyes...irrespective of where we are and what we are doing.

Routine is not the nature of life. Avoid by a large measure always doing things the same way.

When you make love, make love as if you have never done so before. Approach your partner as if you have just met them, expecting nothing from the encounter. Just play, relax, and enjoy the game. With such an approach you will give each other the chance to truly get to know each other and to experience each other fully. The feeling of boredom in long relationships doesn’t happen

because you have been in a relationship with the same person for a long period of time, but mainly because after a certain time, you start looking at that person in the same way. The same would happen to you with any other person.

“When you make love to a man or a woman, turn it into a great celebration. Each time, bring new creativity into it. Sometimes, dance before making love. Sometimes, pray before making love. Sometimes, run into the forest and then make love. At times go swimming and then make love. Then every lovemaking experience will awaken greater sensitivity within you, and love will never become dull and boring” - Osho

Keep doing new things and your life will become art. If you add regular meditation to all this, a feeling of freshness and enthusiasm for life will be your daily experience.

Because of the same views on life, it is no wonder that we often don't see the way out of a situation that we don't like.

Do you think that the great masters of art viewed life like the majority of people? If this were so, they surely would not have been able to notice the all-encompassing beauty around us and to impress it upon others in a language they understood.

“You cannot step in the same river twice”

Heraclitus

Why do people walk through life in their everyday routines, calmly accepting that they are living only a small part of their potential?

Perhaps the Creator made a mistake when creating the world?

PART THREE MEDITATION

Chapter 13

On meditation

By now, a lot of scientific research has been done that has unquestionably shown that the regular practice of meditation is very effective in almost all aspects of life. Internet pages are full of articles about numerous scientific studies that speak of the positive effects of meditation.

An increasing amount of doctors are promoting meditation as a method of preventive health care.

A large number of scientific studies have shown that meditation can help as follows:

- ✓ has a favorable effect on the brain
- ✓ reduces stress and tension
- ✓ balances blood pressure
- ✓ increases energy levels
- ✓ strengthens the immune system
- ✓ reduces the need for sleep
- ✓ improves concentration
- ✓ reduces heart disease
- ✓ develops intuition
- ✓ develops creativity
- ✓ reduces worry
- ✓ reduces the risk of cancer
- ✓ leads to a state of deep relaxation
- ✓ etc...

Yet despite all this, due to a completely distorted view on the nature of meditation, even today many people think that meditation is extremely difficult to fit into daily life.

Fortunately, this is not so.

What is meditation?

*“Meditation brings wisdom;
lack of meditation leaves ignorance.
Know well what leads you forward and
what holds you back, and choose the
path that leads to wisdom”*

The Buddha

In everyday conversation, and even in some places in this book, the technique of meditation (the method of achieving the meditative state) is confused with meditation itself.

It is very important to understand the difference between these two concepts.

A person can sit for hours in the lotus position and repeat a certain mantra, but this does not necessarily mean that the person is meditating.

Meditation is like sleep — it is a state. Our job is to lie down, close our eyes...and thus, sleep comes.

The same goes for meditation. Our job is to find a comfortable position, close our eyes, and perform the method properly.

Meditation (the meditative state) will “arise” when, using a certain technique, we fulfill the requirements needed to enter the meditative state at the level of our personality (mind, emotions, and body).

I can and will explain a few appropriate meditation methods, but don't expect me to explain what the “meditative state” feels like, or what happens during this state. This is something you will have to experience for yourself — just you. No one else can do this for you. Furthermore, after you experience the

“meditative state” I suggest that you do not try to describe your experience to others.

When I started meditating, I tried to attend as many lectures and seminars on the topic that I could find. I have to admit that nothing confused me as much as talking to the seminar attendees who had already had some meditative experiences and would retell their accounts to each other. Some had seen a white light, some had seen the colors of the rainbow, others had heard beautiful sounds...memories of past lives...the experience of existing in different places at the same time...whilst I...had felt none of that! I must have been doing something wrong, I often thought to myself, otherwise I too would have heard or seen something...*anything*. This state of affairs burdened and frustrated me greatly. I would spend hours in daily meditation and there would be no trace of lights or sounds. I was so expectant of anything that I thought I should experience that the whole time I was missing out on simply “being in meditation,” thus allowing what was best and most necessary for me to happen. Luckily, back then I met a few people who I considered experienced meditators who helped me solve my frustrations.

My advice to you is to keep your experience of meditation to yourself! Whatever you might have seen or heard in meditation is meant for you, and there is no need to talk to others about it.

Sometimes in meditation you can receive guidance about the way of life that would be “correct” *for you*. Be grateful for this, but don’t give in to the temptation to judge the lifestyle of others who live completely different lives. Remember that we are all different and the term *correct living* does not exist in a form of behavior, which is the same for everyone. If we feel something to be correct, this relates only to ourselves and we should not burden those around us with *our concept* of “correctness.”

Too many people claim to know the “Universal Truth” that everyone should follow, and by spreading such “truths” in order to “save humanity,” they

impose their own beliefs on everyone around them without even being asked for their opinions on the subject. Don't fall into that trap. It is an "ego-system" in action, and nothing more. Observe these people a bit more carefully and try to feel the energy they radiate, and you will find great unrest within them. Look them in the eye and think carefully about what you see. Do you see joy and peace, or do you see concealed aggression and frustration? The eyes are the windows to our "inner world" and they cannot lie. The person who has become aware of the peace and joy within himself has no need to change those around him.

Only we can know for ourselves if we are living right. Only we can feel if joy and inner peace prevail within us or if it is something entirely different.

Meditation and becoming aware of the joy within us

"The wise man looks for what he wants within himself, and the fool looks for it in others"

Confucius

At the start of this book, we talked about how unlimited joy is already within us and that is not necessary to deserve or earn it, but simply to allow it to manifest in the reality in which we are living. But simply knowing that joy is within us won't be of any particular use if we are not conscious of this. In order to become conscious about something, we need *personal experience* of it. Knowing something because someone said it to us is not the same as having your own personal experience of it. Consciousness always assumes that there has been a personal experience, a personal insight.

One of the advantages of meditation is precisely that it allows us to become conscious of the joy already within us. By becoming more conscious of the joy within, we become people who see and feel the all-encompassing magic around us, and who wish to take part in the beautiful, never-ending symphony of life as much as possible. It is only our perception, and a lack of consciousness of the unlimited joy within us, that prevents us from seeing perfection at every step.

The more often we feel the “meditative state,” the more we become aware of the unlimited joy within us. The more we become aware of the unlimited joy within us, the more skilled we become at allowing this joy to increasingly flow through our lives.

It is clear to me that upon first sight, especially if you have not come into contact with meditation until now, this approach might seem too abstract, but please be patient before coming to any conclusions until you start the exercises and feel your personal meditative experience. Your personal insight is the only thing that will remain in the end, and it will be your main guideline to continue your journey.

It is impossible to explain the feeling of love to a person who has never been in love. The more details we give him about our experience of being in love, the more we will confuse him. The only way for him to know what it feels like is for him to experience it for himself. That is the only way — there is no other! The same goes for meditation.

*“There is a light that shines
beyond all things on earth,
beyond us all, beyond the heavens,
beyond the highest, the very highest heavens.
This is the light that shines in our heart”*

The Upanishads

Trial and error vs. decision and practice

Upon hearing the word *meditation*, many people show an interest in the topic, especially since meditation has recently become the “in” thing. So they decide to give it a try and see how “it” works. Of course, in order to find out if something is good for you or not it is essential to try it out first.

However, in order for meditation to start to reveal its secrets to you, it is important to make a clear transition from the “testing and trying” phase to the “decision and regular practice” phase.

Only when you make a firm decision and begin practicing in earnest are you giving yourself a chance to feel your own personal experience of meditation — despite your investment of just twenty minutes a day. Only meditation alone can reveal what it really is. Everything else is just guesswork.

Meditation and religion

Despite the ever-increasing popularity of meditation, many people still think that meditation should be confined within the walls of monasteries in Tibet and India, not knowing that meditation was being practiced before the existence of monasteries, organized religions, and spiritual schools.⁶

Because some religions have introduced meditation into their spiritual practice does not mean that they have a monopoly on it, or that its nature has changed.

By the same token, you can introduce meditation into your own daily program and integrate it into your life.

Meditation belongs to everyone and no one has the right to claim that it should only be practiced by those who live a particular lifestyle.

I have met many people who wanted to reduce their stress levels and increase their level of joy, but were told that meditation is not for those who were career

⁶ The meditation methods described in this book were born before the appearance of “spiritual institutionalism.”

ambitious, or for those who weren't ready to dedicate a lot of time and energy to meditation, in addition to turning their lives around completely. Discouraged in this fashion, many chose to leave meditation and self-improvement for their retirement period.

Unfortunately, many senseless limitations and rules were, and still are, attached to meditation and what the term implied.

Meditation does not require us to reject the religion or culture that we were born in or to adopt a new lifestyle. Rather, it is merely a scientific, systematic method whose aim enables us to explore and become aware of ourselves.

Meditation and the unconscious mind

“The root of all human suffering is ignorance”

Patanjali

The only reason for our dissatisfaction is ignorance, or put another way, the lack of consciousness. If we were completely conscious, we would be able to live in uninterrupted joy and fulfillment and be at peace with ourselves twenty-four hours a day.

Although in today's world of generalized anxiety and stress, this goal appears overly ambitious, it is indisputable that every step towards expanding consciousness, however small, aligns us with our “true nature” and brings us more joy, fulfillment, and peace in life.

Meditation affects the process of expansion of consciousness favorably and by doing so helps us greatly in becoming conscious of our beliefs, decisions, and

various subconscious programs that have been controlling our lives until now, without us even being consciously aware of it.

But it doesn't stop there. One of the basic principles of the universe is growth. The universe is constantly expanding; it is growing. The problem is that the adverse beliefs in our subconscious minds are constantly growing and expanding. The more they grow and expand, the more they affect our lives. This is reason why it is so difficult for older people to look at things from a new perspective.

All beliefs, especially those that are deeply ingrained in our subconscious minds, become prisms through which we view life around us. If we don't find a way to observe ourselves and the world around us more objectively and open-mindedly, we are exposing ourselves to a continuous merry-go-round — which we don't like at all — without even knowing why it's happening.

All the beliefs that make our lives difficult in any way are located in the unconscious part of our being. If we were truly conscious of them, we would drop them immediately. When we truly become conscious of something that is not good for us, we immediately drop it. As soon as a child becomes aware of what happens when she puts a finger into the socket, she drops all thoughts of doing so again.

Meditation is an excellent means of penetrating our unconscious and becoming conscious of the beliefs, decisions, and various subconscious programs that don't allow us to live the life we would like.

The feeling of pleasure as an obstacle

„A student came to his teacher and said:

My meditation is terrible!

Either my feet hurt, or I am perturbed, or I feel sleepy.

It's simply terrible!

That will pass – said the teacher.

*A few days later the student again came to
visit the teacher, and said, elated:*

*My meditation is wonderful! I am so free, calm,
I feel alive. It's simply wonderful!
That, too, will pass – said the teacher“*

Ancient Zen story

When people start meditating, they typically have no expectations about what it should look like. Because they have no expectations, they don't interfere with the processes that are going on. However, as soon as they feel pleasure in meditation, a problem appears. They expect that feeling of pleasure to appear again; in fact, they expect it to be even more intense.

In such moments, it is important to know that a mind game is occurring. The mind constantly wishes to repeat what is pleasurable. *But bear in mind that the pleasurable sensation you felt in meditation appeared of its own accord and not as a result of your wishes.* As soon as you want the feeling to return, you go back into the past, and by doing so you don't allow the present to bring what's best for you.

Whenever you approach the meditative process with any expectations, envisioning what it should look like or what should happen, you ruin the natural course of energy and allow your mind to lead.

Meditation, or rather the meditative state, is a state beyond the mind, and as long as the mind is giving the orders, it is impossible to experience meditation. It would be best to approach meditation every time as if it was your first.

The concept of enlightenment

*“He who knows does not speak,
He who speaks does not know”*

Lao Tzu

Meditation is often linked to the concept of *enlightenment*. It is quite difficult to find a book or Internet webpage that describes meditation without mentioning this term.

It might seem a bit strange, but I am coming to realize just how much the term *enlightenment* confuses people on the path of meditation.

Any ideal, including the ideal of “enlightenment,” is placed in the future, which in its very essence contradicts the nature of meditation. Meditation can only happen now — in this moment — and thus making enlightenment the goal of your meditation, means disturbing the whole process.

Every ideal is like the horizon. We see it somewhere in the distance (in the future!), but as soon as we draw near, it slips away.

Think deeply about any of your ideals and you will realize that you don't really know exactly what you want in that area of life.

In order to advance in any area of life, our goals need to be clear i specific, otherwise they simply remain an unfulfilled desire that we get more and more attached to, thereby disrupting our natural state of harmony. If our natural state of harmony is disrupted in any way, we will not be able to live a joyous and fulfilled life, and without joy in life, everything else loses its meaning.

Putting up ideals for yourself in a way means avoiding living in the present moment and escaping into the future.

It is much easier and less painful to lean towards a certain ideal, which is “somewhere out there in the future” (regardless of the ideal in question), than to be truly happy in the here and now, and to joyously resolve all the situations that life brings.

It is much easier to condition one's joy and happiness, waiting for our ideal to manifest itself, than to say YES to life, right here and now, unconditionally!

When people hear stories about enlightenment, they choose to hear it in their own way and create a certain expectation. And, of course, in the search for enlightenment, many feel disappointed, since in their opinion, the main culprit is the wrong method or a person who did not teach them meditation well. Some even claim that after many attempts they have come to realize that "enlightenment" doesn't actually exist and it's all one big scam. Such people aren't aware in the slightest that the true culprit behind their disappointment is their own concept of enlightenment, which they created themselves.

I'll reveal a little secret to you: you already are enlightened! Your true nature is "Light." You don't need to look for enlightenment or become "spiritual" because you already are an expression of enlightenment and spirituality just as you are, here and now.

As the spiritual and enlightened beings that we are, we have come to this planet to participate in the game of life in which we *consciously* wanted to participate. We don't need to *become* spiritual, we just need to allow "the spiritual within us" to express itself right here on earth.

*"...even being devoted to the idea of enlightenment
can lead you in the wrong direction"
Zen sutra (Sosan)*

Does meditation have any harmful effects?

Numerous scientific studies have shown many useful effects people gained from meditation, but they've also shown some harmful effects. They appeared solely in tense people who forced the entire meditation process, despite that it was not going well.

Such people are probably anxious throughout their lives, and their subconscious minds harbor a strong belief that they need to be tense in everything they do, thus such a manner can't be avoided during meditation.

Therefore, remember the following key things about meditating:

- ✓ relax
- ✓ be natural
- ✓ be completely present in the process, and
- ✓ be without expectations about the progress of the process

Everything is already in the here and now. Our job is simply to allow...

Chapter 14

Do you believe it's difficult to find twenty minutes a day to meditate (and how to create the time)?

Recently, I was having coffee with a colleague that I had not seen in a long time. We talked about various topics, and amongst others she complained about the stress she undergoes at her job on a daily basis and her increasing inability to cope with it.

She is a property lawyer and simply can't stomach the term *client* anymore. When she hears the word *client*, her brain decodes it into the word *stress* and she reacts accordingly. Since I too am a property lawyer, I showed understanding of her situation and suggested that she do something about it.

I recommended meditation. After asking me a few questions about meditation, she decided that it was great, but she simply didn't have time for something like this. Our encounter lasted about two-and-a-half hours, but during the course of our conversation, she used the magical mantra "I don't have time for..." at least twenty times — no matter what we were talking about (and I'm not exaggerating)!

Such an idea had obviously rooted itself deeply in her subconscious mind, and she is no longer conscious of it. She views reality continuously through such a prism, not understanding that she created it herself.

There are few people today who have time to waste, but if you convince yourself unconditionally that you have no time for certain things, you will simply attract such a reality into your life — and that's guaranteed!

I am not referring to specific days that might be jam-packed with duties and obligations, but to the general feeling about the concept of *time*, which we have at our disposal on a daily basis.

My colleague, even though she was on vacation for twenty days and could do anything she wanted during that time, kept on thinking about not having enough time.

Let us take her case as an example once again:

- ✓ She is a very creative, fun and capable person
- ✓ At the same time, she is a person who finds it increasingly difficult to handle stress, and this is starting to become a bigger problem for her, so that even during her vacation, she can't stop thinking about it
- ✓ In order to solve this problem (to decrease her stress), I suggest that she meditate for about twenty minutes a day
- ✓ My idea sounds great to her (so the problem isn't that she thinks meditation won't be of use to her), but she feels that she has no time for it.

Even if she tried meditation and decided that it wasn't her path in life, I would understand completely because I realize that meditation isn't for everyone and I would simply suggest something else.

However, even though she feels that meditation could help her, she came to the precipitated conclusion that she has no time for something like this.

A day has twenty-four hours. The average person sleeps about eight hours a day, which leaves us with about sixteen hours. When we divide these hours into minutes, we get *960 minutes at our disposal per day* — every day.

Would her business fail if she invested 20 minutes a day in meditation, and had 940 minutes left instead of 960?

Although she is convinced that stress is currently the biggest problem in her life, she is still unwilling to invest twenty minutes a day into solving her most pressing problem.

What's the problem?

How many such people do you know?

Are you perhaps one of them?

We become what we constantly think about. If you constantly think that you don't have time, not taking into account any other possibilities in life, then you can't expect to have time.

Simply stop thinking about not having time and focus on how to create time for the things you enjoy and make you happy.

For starters, begin with as many minutes a day as you can spare. Slowly increase the time until you reach the amount you find fulfilling.

The more you think about how to create additional time for the things you enjoy, and the more you focus on it, the more realistically achievable ideas that you can implement will you obtain.

Up until now you have probably not even thought about creating time, or you have gone through life thinking that free time “happens” so you left certain things for the period when you will have more time.

There are 960 minutes available to us every day.

How is it that some people, despite the rapid pace of life, still find time for the things they love and find important?

Does time treat each of us differently?

Who is it that controls time?

Instead of measuring time in hours and days, try measuring it in minutes, and you will soon attain a new view of the time you have at your disposal. Unfortunately, most people measure time only in hours, days, and years — eight hours of work a day, two hours of driving, eight hours of sleep, four years of studying for a degree — and they are amazed at how they are unable to find time for other things in life beside their obligations.

When you begin the process of conscious time creation, I can't promise that you will have enough time to do everything you desire, but your life will definitely not be the same.

I don't know what you do for a living, but I'm sure that you don't work actively for 960 minutes a day. It wouldn't be possible anyway. One small "business plan" in order to organize those 960 minutes plus your consciousness about creating time means a lot.

Set a goal to create about twenty minutes a day for meditation, and stick to the guidelines given in this book and the time you require will manifest.

It's up to you...

PART FOUR OUR “TRUE NATURE”

Chapter 15

Who am I?

*“Knowing yourself is the
beginning of all wisdom”*

Aristotle

The term *personality* comes from the Latin *personae*, which means *mask*. Our personality is made up of our predominant thoughts (our deepest beliefs), our feelings, and indirectly, our bodies. A personality is the product of the age we live in and current trends. The personality is formed through experience, education, and the effects of the culture in which we live. A personality changes in proportion to the maturity of the person. Our personalities are not the same now as they were twenty years ago. Every important experience changes our lives.

If we compare ourselves to twenty years ago, we will clearly see that our personalities have changed completely. Even our bodies have changed completely. Scientists claim that all the cells of our bodies are replaced every seven to ten years.

However, a part of us is conscious and remembers everything that happened earlier. This part always seems to be observing from the sidelines what is happening in the reality we are living in.

What is “it”?

What is the “it” inside us that hasn’t changed relative to twenty years ago?

Ancient wisdom suggests a person continually ask himself three basic questions: “Who am I?” “Where am I from?” and “Why am I here?”

Who are “you?” Are “you” your hand? Or your brain? Your mind? Your head? Your leg? Your nose? Who are “you” really?

When you say, for example, “I have a headache,” to whom are you referring to? Who is it that represents the “I” in the sentence “I have a headache?” Who is it? What is it?

When you say, “I made a decision,” who are you referring to?

When you say, “I think that it’s going to rain soon,” who is thinking the thought?

Are “you” your thoughts or do you feel that there is “something” that is controlling that thought?

It is obvious that no one can give a magical answer to the question “Who are we?” or an answer that would satisfy us completely because it is something that we are all invited to *find out anew*.

Getting to know your “real I” or to put it more clearly, your “true nature,” is a process that we need to take part in consciously every day, and no-one else can do it for us. The process of getting to know your “true nature” mainly comes down to becoming conscious of all the things we have become *identified* with, things that “we,” in fact, are not.

*“Two birds, united always, and known by the same name,
closely cling on the same tree. One of them eats the sweet fruit;
the other looks on without eating”*

The Upanishads

In continuation, I will briefly give three reasons why I think we are prevented from becoming conscious of our “true nature.”

Identifying with the personality

One of the things that prevents us from getting to know our “true nature” is identification with our personalities. Our personalities (mind and thoughts, and indirectly, the body) are vehicles that allows us to experience certain things here on earth.

However, our personalities are not our “true nature.” Our “true nature” is something entirely different. We are not our minds, even though most people identify themselves with their mind. The fact that we are not our mind does not mean that we cannot identify ourselves with it. Every attachment, even the attachment to the mind (identification with the mind), creates a sense of dependency and makes us unhappy.

Every time you feel that you can't do without a certain person, thing, or experience — that is, when you think that you are incomplete without the said person, thing, or experience — the mind is controlling you and not the other way around.

Attachment (identification) disturbs the free and unobstructed flow of the energy of joy, and the more you attach yourself to a certain person, thing, experience, or anything else, there can only be less joy.

Allow me to better explain why joy doesn't go hand-in-hand with attachment (identification). We live in a world where no one can guarantee us anything —

we all know this. We could, for example, have a great car, but no one can guarantee that it will never be stolen. Of course, we could get it insured and get a certain amount of money in case of theft, but we can't be completely certain that we will get back the stolen car. If we are attached to the car and the mere thought of remaining without it sounds dreadful and causes us great tension, we will feel a constant inner contraction on a deeper level and we will never be able to relax completely. As long as there is a danger that someone could steal it (in other words, as long as we own it), the contraction we feel inside doesn't allow the joy within us to flow through us freely.

I mentioned the car only as an example. We can be attached to anything because the object of our attachment is not relevant — the important thing is our *state* (the vibration we emit in that moment), which, while we are attached to anything, cannot resonate with the energy of joy within us. In order for the joy within to flow through us, we have to flow with it, and attachment always stops us from doing so.

Many people think that money and an abundance of material things corrupt people, but that's completely wrong. It is true that the things we are *attached to* (the things we identify with) corrupt us. If we are attached to money, the more money we have, the more corrupt we will become. We will tend to notice more potential thieves around us, and we will think that the people we associate with are there only to use us. We will always be worried about recessions, the influence of planet "X," and falling stock prices. We will always be focused on the things that can take away the money we have. By living in this state for a prolonged period of time, we will, of course, become corrupt. But such a corrupt state will not be a consequence of the money we have, but will arise as a result of our focusing on various kinds of negativity. We become what we constantly think about.

An entirely different situation, however, would be a person who has a lot of money and an abundance of material things, but *isn't attached to them*. Money and possessions bring such a person greater freedom and choice. The more money such a person has, the more his freedom and choice expand. To such a person, money becomes a blessing that brings him only wellbeing, as opposed to the person who is attached to his money and to whom money brings nothing but problems.

Whenever you feel attached to something, know that you are, in fact, attached (identified with) your mind because everything you see around you is simply a projection of your mind. Both ancient scriptures and modern science attest to this. Our minds are nothing but a tool — a marvelous and perfect tool, but a tool nonetheless. Our thoughts are just tools. Our feelings are just tools. Our cars are just a tool. A plane is just a tool. Our way of thinking (that is, the sum total of all our attitudes) is just a tool that we can use, but we should never identify ourselves with it.

Of course, being detached from one's mind, while at the same time using it on a daily basis, is no easy matter and requires a great deal of work, persistence, and continuous work on oneself. But the more we use our minds consciously in order to create the lives we desire, the more we become aware of the differences between our minds and our "true nature."

Additionally, society is mainly structured in such a way as to promote attachment (identification). If we allow the social current to sweep us away with no resistance on our part, attachment is inevitable. Society, on the whole, likes people who are attached to their "little worlds" and who follow the masses without thinking too much. Society likes standards. The "sheep mentality" is still predominant in society, and every attempt by an individual to express his individuality is threatened from all sides.

However, in order to become aware of our real self and to answer the question "Who am I?" it is not enough to follow imposed rules, but is necessary to activate one's heart and intuition, and to listen to them and follow them faithfully.

In romantic relationships, attachment is frequently equated with love. Therefore, it is very rare to meet a couple that has been together for a long time and is still happy with each other and whose relationship is fresh and playful. The more attachment there is within a relationship, the less love there is. Love is present only where there is freedom, and the greatest enemy of freedom is attachment.

Regular meditation helps the process of becoming aware of all our attachments greatly. Meditation aligns us with our “true nature.” The more and the better we get to know our “true nature” and the more aligned we are with it, the clearer we see all the things we are not that we have identified with. Through this awareness, we bring ourselves into a wonderful place from which we can reroute our lives in the direction we truly want.

“And remember, each time you get attached to something, the attachment becomes a problem; it is not a question of what you will be attached to. You can be attached to enlightenment, even to God. You can be attached to love; you can be attached to meditation and prayer ... Don’t become attached to anything, stay free and active. The more you move, the closer you are to yourself. When you are completely active, then nothing inside you is locked, and truth knocks at your door. It has always been knocking, but you were rigid and didn’t hear it. It was right in front of you, at the very tip of your nose” – Osho

Accepting paradigms

Another big obstacle on the path of getting to know our “true nature” is the acceptance of paradigms. In simple terms, paradigms are assumptions, belief

systems that we accept *without thinking about their meaning first*, and without taking into account their impact on our lives.

For example, until Nicolaus Copernicus' day, it was thought that the earth, and not the sun, was the center of our solar system. People lived with this idea and never questioned a different possibility. Even today, in the modern world, especially in certain "backward" areas, many people live in strictly defined ways with fixed beliefs about their environment, and they cannot conceive of a different way of life. Every historical period accepts certain paradigms of which many later prove themselves to be false.

Let us take "Western medicine" as an example. Until recently, all Western medicine was based on understanding the body as a unit independent of thoughts and emotions, creating treatment and prescription methods based on this understanding. The organs of the body were viewed similarly to the parts of a car — each was treated completely independently of the others. However, further investigations began to show clearly that the physical body is not a separate entity, but rather is wholly under the influence of our thoughts and feelings. There are almost no doctors left who would not agree with the claim that stress causes numerous ailments.

Therefore, if you wish to speed up the process of getting to know your true nature, think carefully about all the paradigms you have accepted without having given careful thought to them and their possible effects on your life and desires.

If you have become aware of a certain paradigm and it seems clear that it is not suitable for your growth, and yet you don't know what to replace it with, think deeply about the *questions* that arise. All science is based on asking questions, objective observation, and answers.

Still, approach all of this in a relaxed manner and without effort. There is no rush. Anxiously looking for answers blocks the entire process. Whenever you

are in a state of contraction, you are in a state of lust and you attract *what you do not want* into your life.

Comparing yourself to others

Comparing oneself to others keeps us from knowing our “true nature.” When you look at a tree, you see thousands of leaves on it, but none is exactly the same as the other. Although seemingly alike, every leaf is special.

Similarly, there are no two people who are exactly the same. Each of us is unique and unrepeatable, and each of us has something to offer the world — *literally, everyone.*

The problem, however, is that we have been brought up from an early age to believe that there are certain standards and ideals that we all have to strive towards, and no one asks us how aligned these are with our “true nature,” and if they make us feel happy and fulfilled.

The vast majority of people live life according to the principles that society deems important, without knowing or even thinking about how beneficial these principles really are.

The good news is that you don't have to comply with any pre-set standards. You don't have to compare yourself to anyone because everyone has his or her own path to follow.

*“Make it thy business to know thyself,
which is the most difficult lesson in the world”*

Miguel de Cervantes

PART FIVE APPLYING MEDITATION

Chapter 16

Meditation methods

I will now proceed to show you two different ancient and scientifically tested methods of meditation. Try one for a week, then try the other, and find out for yourself which you like best. It's possible that you will like both equally, in which case choose the one that attracts you more. Both are highly effective.

When you choose your preferred method, it will be a good idea to use that method for a while and not change it. I know people who even after several years of meditation still aren't sure if the method they practice is "the right one." They needlessly burden themselves with unimportant things instead of letting go and listening to their intuition. If a certain method is not for you, your intuition will let you know, but in order to hear it, you have to be relaxed and natural when practicing the method.

When you get used to a certain method, you will find it much easier to reach the meditative state with it than if you keep changing it. Although all methods lead to the same goal, their starting points can be completely different and this can cause confusion in people, especially those who do not have much experience with meditation.

Every method activates the energy within us in a different way, and so a beginner in meditation, even if he sticks to just one method, is often confused due to the abstract nature of the entire process.

Therefore, when you decide on a method, don't ruminate about whether you should have opted for the other one. There is always enough time, even for experimentation, but for starters just stick to the method you decided on.

Preparation

Find a place where you will be alone and where no one will disturb you.

If possible, dim the light a bit. It is preferable that the light does not hit your eyes directly.

Lower the volume of the phone or cell phone, or turn them off. When they are turned on, your subconscious mind does not allow you to relax completely because it “knows” that the phone could start ringing at any moment.

Sit down comfortably (some methods can be done lying down, which is not the case here). A comfortable sitting position is an extremely important prerequisite for successful meditation. Any discomfort due to an awkward position distracts your attention and disturbs the whole process. Try to find a chair or sofa where you can sit for about twenty minutes that allows you to change your posture as little as possible. The sitting position should be such that you almost don't feel your body. In order to fulfill this prerequisite, I recommend you use the “Magic relaxation formula.”

The Magic Relaxation Formula

If you feel tension in any part of your body prior to meditation, do as follows:

- ✓ Close your eyes and focus your attention on the part of your body where you feel the tension.
- ✓ Breathe naturally and just *feel* the tension disappear with each exhalation.
- ✓ While doing this, it is important to follow your natural rhythm of breathing, and not try to influence the rhythm of the exhalation.

In this way, you can relax specific parts of your body or you can relax your entire body. Your body is just an extension of your mind, and the more you relax your body, the more you will relax your mind.

Try it — it really does work!

Meditation on a sound (mantra)

Mantras are sounds (vibrations) that have no special meaning. Their power does not come from the meaning of the mantra itself, but from the vibratory effect it creates when repeated aloud or mentally. The mantras shown in this book are thousands of years old and have been used (and are still being used) in many spiritual traditions — on their own or in combination with other mantras.

After relaxing and getting into the most comfortable position possible, close your eyes and begin to repeat the sound/mantra “RAM” mentally. You can do the same using the mantra “LAM”. Choose the sound that you feel most attracted to. (Click HERE ==> <http://www.ancientkeysofjoy.com/mantra.html> to hear them in audio version)

Keep repeating the mantra mentally, without opening your mouth.

Start repeating the mantra in the rhythm you find most suitable at the time. Later on, the rhythm of repetition will change *on its own*, and your job is to follow it, i.e. to adapt to it.

There are no special rules related to the rhythm. It is important to be relaxed, natural, comfortable and *fully present* throughout the entire process.

Keep in mind that this is a completely natural relaxation method, and the more naturally you take part in the process, the easier it will be for you to align with it.

The rhythm of repeating the mantra changes constantly, as do the pronunciation and duration of certain parts of it.

Therefore, if you start repeating the mantra mentally at a certain rhythm, you will still feel that the rhythm of repetition changes of its own accord gradually, provided you are fully present in the process.

Having any expectations about what this process should feel like can greatly disrupt the whole exercise. Therefore, during meditation it is very important not to expect anything and to be without preconceived notions about the course of the process and your experience.

Do not try to align the rhythm of the repetition of the mantra with the rhythm of your breath or with any other outside rhythm. Follow your own natural rhythm.

It often happens that after a very pleasurable experience, the mind tries to repeat the same pleasurable experience, thus ruining the person's natural rhythm. We should treat such a wish in the same way we should treat all other thoughts that appear during meditation: *do not occupy yourself with them, just let them go and come back to repeating the mantra.*

In the beginning, and especially in times of intensive stress purification, all kinds of unwanted thoughts tend to appear. It is very important not to occupy yourself with them and just allow them to disappear and continue to repeat the mantra. It is unnecessary to fight them, since this will only serve to make them more powerful. All you need to do is ignore them and continue repeating the mantra. Over time, this will become automatic.

There is also the possibility of experiencing various emotional states (feelings of pleasure, nervousness, sadness, etc.). Emotions should be dealt with in the same way as thoughts.

If you feel any kind of mental exertion during meditation, this means that you are not performing the technique correctly. Stop the exercise for a few minutes and then try again.

I will say it again — it's not about the mechanical repetition of the mantra in the same rhythm, but about letting yourself go and allowing the mantra to lead you and set the rhythm.

During the exercise, do not use any kind of incense sticks or aroma lamps. Be sure to switch off any music, even music designed for meditation. Everything that draws your attention outwards during meditation disturbs your journey inward.

The exercise is performed for about twenty minutes. If at the outset twenty minutes is too much, start with five minutes a day and then gradually increase the duration of the exercise. Give yourself enough time and opportunity. You are in no rush to get anywhere.

It is preferable not to eat anything for at least an hour before doing the exercise.

Be persistent and practice every day.

Meditation on the breath

This meditation method is also thousands of years old, and some people claim that it is the oldest meditation method on earth. There are many variations of this method, but I have chosen the one that I have had the best experience with.

The preparations are the same as those for the meditation on sound.

After relaxing and getting into the most comfortable position, close your eyes and begin to observe the place where you feel the breath going into and out of your body.

This place is often felt to be in the nostrils, but during meditation it can shift to the throat and lungs.

It is important to observe the aforementioned area *without concentrating on it*. In everyday speech, almost no difference is made between these two concepts, but in this context, there is a big difference between observation and concentration.

With concentration, the aim is to focus on a certain object, while excluding everything that might disturb us in doing so. Thus, if we concentrate on a vase, we attempt to focus our mind on the vase like a laser, “switching it off” to all else.

Observation is more of “paying attention” to a certain area. In the example of the vase, we simply observe it. We do not try to influence anything that might come between us and the vase. We simply watch it and nothing more.

Your job is simply to observe, witness-like, the area where you feel the breath entering and leaving you. You just witness the process, without interfering with it. There is no rush, everything is where it should be...just observe.

During the exercise, the rhythm of breathing will change on its own. Do not try to affect the rhythm of breathing — just let it happen on its own. It’s possible

for longer gaps to appear between the inhalation and the exhalation. This is all okay. What's important is for these things to happen on their own, without your interference.

Try to approach the whole process as impartially as possible. Just observe without any judgments, without expectations, and without intentions.

Imagine yourself lying peacefully on a beach and watching a seagull fly. Observe it without any expectations as to where and how it should fly. This is how you should observe the area where the breath enters and leaves you.

Deal with the various thoughts and sensations that might appear during the process in the same way as described in the sound meditation.

Okay, let's repeat:

It's important for you to be *relaxed*, *natural*, and *fully involved* in the whole process.

Keep in mind that this is a very natural method of relaxation, and the more naturally you take part in the process, the easier it will be for you to align with it.

Having any expectations about what this process should feel like can greatly disrupt the whole exercise. Therefore, during meditation, it is very important not to expect anything and to be without preconceived notions about the course of the process and your experience.

It often happens that after a very pleasurable experience, the mind tries to repeat the same pleasurable experience, thus ruining the person's natural rhythm. We should treat such a wish in the same way we should treat all other thoughts that appear during meditation: *do not occupy yourself with them, just let them go, and come back to observing the place where you feel the breath entering and leaving you.*

In the beginning, and especially in times of intensive stress purification, all kinds of unwanted thoughts tend to appear. It is very important not to occupy yourself with them and just allow them to disappear and continue observing the place where you feel the breath going in and out of your body. It is unnecessary to fight them, since this will only serve to make them more powerful. All you

need to do is ignore them and continue doing the above. Over time, this will become automatic.

There is also the possibility of experiencing various emotional states (feelings of pleasure, nervousness, sadness, etc.). Emotions should be dealt with in the same manner as thoughts.

Feeling any kind of mental exertion during meditation means that you are not performing the technique correctly. Stop the exercise for a few minutes and then try again.

During the exercise, do not use any kind of incense sticks or aroma lamps. Be sure to switch off any music, even music designed for meditation. Everything that draws your attention outwards during meditation disturbs your journey inward.

The exercise is performed for about twenty minutes. If at the outset twenty minutes is too much, start with five minutes a day and then gradually increase the duration of the exercise. Give yourself enough time and opportunity. You are in no rush to get anywhere.

It is preferable not to eat anything for at least an hour before doing the exercise.

Be persistent and practice every day.

Chapter 17

Frequently asked questions about meditation

1. *What is the best time of day for meditation, and should I meditate at the same time every day?*

This is a question that different schools of meditation will respond to in different ways. In my opinion, you should experiment a bit and find the rhythm that suits you best, especially in the beginning. Some people like a certain time of day to meditate, while others prefer an entirely different time of day.

If you would like to experience deeper meditation, I suggest that you practice either in the early morning or the evening. During the day, the energies around you are quite “active” and affect your energy fields during meditation. In the early morning and evening, the energies that surround us are “calmer.”

Personally, I meditate when I feel it is time to do so — if the circumstances allow me to, of course.

Start at the time that best suits you and then find your own rhythm.

2. *There are many meditation techniques. How will I choose the one best suited for me?*

Start with the one you have right now. Practice regularly and with an open mind, ready to receive anything you need for your personal and spiritual growth. When the right time arrives, you will know the right method by feeling it, or in the meantime you will find that the very method you are using right now is the right one for you.

Do not worry too much about this, and do not pay attention to those who claim that they have methods that are much better than the others. Everything comes at the right time.

Focus your attention on this idea regularly: “I receive all important information at the right time.” Be relaxed and natural, and practice regularly. That is the most important thing. Do not concern yourself with the rest.

3. *I often fall asleep during meditation. What should I do in such cases?*

If you fall asleep, you fall asleep. Be natural and do not force anything. You are obviously exhausted without even being aware of it. Your body is sending you information that it's tired and that's all. Such sleep regenerates you greatly. When the body gets the energy it needs, the need for sleep during meditation will disappear, and in fact, your need for sleep in general will diminish.

4. *I live in a family where it is difficult for me to take time off to meditate, and due to other reasons, I don't have the necessary requirements for meditation. The only time I can meditate is before I go to sleep and I can only do this lying down. What should I do?*

Although the methods in this book are meant to be practiced in a sitting position and not lying down, I suggest that until you solve the problem with the other requirements, you practice the breath meditation (described in this book) lying down for five minutes before going to sleep. Although it's just five minutes, because of your current living limitations, it is important to start the process right now.

Focus on the idea of having adequate conditions for meditation, and try to *experience that feeling as if it was your current reality*. Set this as a personal project you wish to manifest. Every day, consciously bring yourself into this state, especially just before going to sleep and after waking up. Whenever thoughts of not having the adequate conditions appear, replace them immediately with the idea that you have the right conditions every day. Be persistent enough and the conditions will appear. You are the one who creates your conditions — and nobody else!

5. *I'm afraid of opening up in meditation because I feel that it is leading me into the unknown and certain feelings appear*

(mainly fear), which don't appear otherwise. I'm afraid of the unknown because I feel I can't control it. What should I do?

Meditation helps us realize our “true nature.” Whatever starts to appear in meditation is already within us. Sometimes we feel that meditation is taking us into an unknown space or awakening some unknown feelings that scare us because we are not able to control them. In such cases, it is generally a “contact” with the unconscious parts of ourselves.

However, in order to align ourselves with our “true nature,” we have to become conscious of the unconscious parts of our being. These unconscious parts affect our lives anyway. The fears and desires that we have pushed down into our unconscious are still active and attract related situations into our lives.

Every time something happens and we are not clear about why it happened and how it came into our lives, our unconscious is behind it.

By becoming conscious of the unconscious parts we can have greater control over our lives. Because we sometimes feel a sense of unease when we come into contact with the unknown does not mean that anything bad is happening. The part of the process, which precedes growth in any aspect of life, appears as an encounter with the unknown. Whoever has achieved true success in any area of life has encountered this phase. It is inevitable. But after a few such experiences, you will get used to it and it will not present a problem. Just don't let the fear paralyze you. Ask your Higher Consciousness/Source/God to guide you, listen to your intuition, and move forward.

To live in alignment with our “true nature,” we have to become whole. We become whole only when we become conscious of our whole being. The more whole we are, the more joy there is in our lives.

6. *I have been a smoker for a long time now and I'm aware that it is not a healthy habit. Do I need to quit smoking in order to meditate successfully?*

If you were truly aware that smoking is harmful to you, you would stop at once. You have simply accepted the social paradigm that smoking is not healthy. You have not even tried to listen to what your body is telling you. Maybe it would agree with the social paradigm, and maybe it would not.

Only when you stop “consuming” ready-made conclusions of various authorities about what is good for you and what isn’t, and when you allow the intelligence of your body to be your only authority will you be able to understand what is important for your health and what isn’t.

If after going through this process you become conscious that smoking is not good for you, you will easily drop it.

Know the difference between knowledge and consciousness. Knowledge comes mainly as information from our surroundings, while consciousness about something means that we have penetrated what interests us based on our own research and experiences.

Therefore, the fact that you currently smoke should not be an obstacle to start with meditation.

7. *Does diet affect meditation?*

Yes it does. Listen to your body and see how a certain kind of food affects you. This is the only rule that works in the long run.

8. *I understand that I affect my reality with my thoughts. However, at times when I feel bad or am angry, I find it hard to focus my thoughts on something positive and keep it positive. What should I do in such situations?*

Thoughts and feelings belong to the domain of the mind, and you are not your mind. When you are unable to focus on a constructive idea, simply try to *observe the feelings that have come up impartially* instead of identifying with them. Keep in mind that you are not your feelings.

The very fact that you are not identifying with them means that the feelings will lose the energy they require to keep going and will gradually disappear. As soon as their intensity decreases, replace them with thoughts you want to be predominant in your life. The more experienced you are with meditation, the easier it will be to observe your feelings impartially.

9. *How does meditation affect health?*

Our health is the result of the balance in our energy fields (and the balance between them). As long as energy flows through our energy fields smoothly, we are healthy. We don't feel a certain organ or body part as long as the energy is moving through it harmoniously and without any obstacles.

However, when this harmony gets disrupted, we feel that something isn't right. Only when the harmony is disrupted do we feel the pain or discomfort.

Almost every illness in the physical body is the result of a previous blockage in the energy field around us. The energy field around us gets blocked precisely through the constant repetition of thoughts that are not in alignment with ourselves — with our “true nature.”

Meditation aligns us with our “true nature” and in doing so, our energy fields become more harmonious. The more harmonious they are, the healthier we feel.

10. *I have been meditating for quite some time now and I try to have thoughts and ideas that I want to manifest in my life. I feel better and better and joy is ever more present in my life. But my problem is that I feel guilty because of this. What did I do to deserve this?*

Meditation brings us closer and closer to our “true nature.” Our “true nature” is joy. Since it is already ours, we don't have to “deserve” it.

For example: imagine someone takes our car and we ask him or her to return it. After a lot of supplication that person allows us to use our own car from time to time and we feel guilty because we think we don't deserve it.

It makes no sense, does it?

There is no need to feel that joy is something that needs to be deserved. Yet from an early age, we have been brought up to believe the very opposite. We have learned that joy is like a product that our parents give us when we did what they asked us to without even asking us how much we really want to. This teaches us, from a very early age, to *trade with joy*.

We have been taught that we have to achieve something, get something, or be with someone in order to be joyous. But all these things, in and of themselves, bring no joy, just short moments of pleasure.

Do you ever feel guilty because you have arms? Or legs? Or ears? Or a nose? Or a brain? Or eyes?

If we look at this from the standpoint of a guilt feeling, we should actually be asking ourselves, “Why don’t you feel guilty when your life *isn’t* filled with joy?”

Has the Creator, who is in essence pure love, wanted you to be un-joyous?

Do you think that He or She enjoys watching your lack of joy?

Maybe He or She is bored when you are happy?

A famous Indian sage once said that suffering is nothing other than a slap in the face that nature gives us when we don’t live in harmony with it. Another author has said that suffering is the result of an error in our thinking.

Yet regardless of joy being our “true nature,” a person who has not become conscious of this yet experiences joy as something separate from himself.

Joy is our “true nature,” and meditation is certainly the key that will help us to become aware of this. Until then, it is important to at least remember that joy doesn’t need to be earned. It is already within us, waiting.

11. *Is a belief in God a prerequisite for the successful practice of meditation?*

Different people interpret the word “belief” in different ways. But generally speaking, you could say that belief is not necessary.

Do you “believe” in your hand? Do you believe in the sun? Do you believe in the wind?

You probably haven’t thought of it in this way, have you?

Is it necessary to believe in something we have had an insight about or something that we are completely clear about?

Do you believe the earth is round?

Personally, I think that we believe in the things we doubt — even the things we doubt a little. If we have never had the experience of Higher Consciousness, we will think the concept of God is something you can believe in or not. However, after a few “encounters” with Higher Consciousness, the word “belief” becomes unnecessary. Doubt stops and is replaced by consciousness. The question “is there or isn’t there” turns into “how does it work?”

Wherever there is consciousness, doubt and ignorance disappear. As long as you believe in something — *anything* — you are at the level of the mind. Belief can only come through the mind. But you can’t know your Higher Consciousness through your mind; you need to take an extra step — beyond the mind.

In order to meditate successfully, you do not have to believe in anything, but you do have to be *completely honest with yourself*. Everything else comes on its own in the rhythm that is most suitable for us.

12. *Sometimes during meditation I feel great, but sometimes I feel extremely bored and it seems like nothing is happening. Sometimes an avalanche of unrelated thoughts prevents me from entering the meditative state. What does this mean?*

When you perform the meditation technique correctly, you *allow* the energy from a higher vibrational level to gradually affect your energetic structure — your current physical-emotional-mental state — and this gradually transforms it, i.e. it raises the vibrational frequency of your energy fields.

As energy passes through your energy fields, you feel a peaceful and pleasurable sensation during meditation as a result. However, if the energy encounters a blockage (everything that prevents our energy channels from being open to the flow of energy) in your energy fields, various unrelated thoughts appear and sometimes resistance or fear.

In such moments, it is important to remember that blockages are being cleared out in this way, and that is why you should continue meditating. Here is a comparison: if you enter a house twenty or thirty years after someone last lived in it and try to clean and make it tidy, you know that it will be neither easy nor

pleasant. There is no other option but to get to work. You should deal with similar situations during meditation in the same manner.

Because of this, we should not be thinking about how the meditative process should look, but should simply practice regularly.

13. *Is an initiation necessary in order to practice meditation successfully?*

Many schools of meditation will tell you that it is necessary for a teacher to initiate you. I personally think this is a myth, present from ancient days when life on earth was seen entirely differently than today.

Nowadays, people are less concerned about the form and are turning more toward the content, trying to avoid all possible formalities, whatever aspect of life we are talking about. Through an initiation, people felt closer to their spiritual teacher and the group they belonged to. Ancient cultures were very focused on formalities, rituals, and protocols.

There are different kinds of initiations, and receiving an initiation from a competent teacher can be of great help in starting your meditation practice. By “competent,” I don’t necessarily mean certified teacher because the very fact that a person has an authorization or license to initiate does not mean the person is really a clear channel, which is necessary for the initiation to be of any use. By “competent teacher,” I mean a person who undoubtedly appears “energetically clean” and who you have a clear feeling of spiritual connection to — upon the very first encounter.

In order to practice meditation successfully, there is one kind of initiation necessary, and that is your *decision* to start discovering your “true nature” and to meditate regularly and persistently. Only this kind of initiation, one that depends solely on and comes *from you*, guarantees your success. All other kinds of initiations can be very interesting and exotic, but without your decision, commitment, and regular practice, they mean absolutely nothing in themselves.

14. *What is the best age to start meditation?*

It is never too early or too late to start meditating. In any case, the sooner you start the better. In our society, there is often a powerful paradigm that meditation is for people in advanced years, but in my opinion, such a belief is just an indication of the ignorance of those who think this way. Older people often seem calmer and thus more suited to meditation, but such calmness, for most people, is not the consequence of wisdom or of a certain level of consciousness, but of hormonal changes and a decrease in the life force. But without a certain amount of life-force energy, it is difficult to do anything on the spiritual level, since everything we wish to change in a certain way requires our focus and energy, and if we do not have enough energy, we cannot focus it towards a specific goal. Therefore, no matter how old you are, if you have the desire for meditation (and that is the most important thing), keep on moving and don't delay.

15. *During meditation, thoughts of duties and obligations come up, and such thoughts make me feel constrained and make me lose my concentration. What should I do?*

You should definitely start using a diary in which you will note down everything you wish to do that day. When you write down the obligations you have, and when you form a habit of having everything written down, the number of thoughts that distract you during meditation will decrease. There is no reason to waste time reminding yourself of your daily duties when this can be solved more simply and easily by using a diary.

16. *I started meditating some ten days ago, but I seem to feel worse than I did before I started to meditate. Does meditation have anything to do with this?*

People are often not conscious enough of what they are feeling, and thus many people aren't clear on why certain situations are happening to them. Every time you feel that something you don't want is happening, you have not been aware enough of the energy you have been sending out into the universe.

In order to know exactly what kind of energy you are emitting, *all you need to do is increase your emotional awareness because emotions are the main indicator of what you are sending out into the universe.*

In my opinion, meditation is one of the most effective ways to become more aware of everything you're feeling, and as a result, more aware of the energy you're sending out into the universe.

It often happens that people, having meditated for a short period of time, begin to feel like "bad people," but the main reason they feel this way is precisely because meditation has helped them become aware of what was already inside them, and what affected their lives negatively.

So don't worry, and just keep on meditating, and the more conscious you become of the unwanted energy in your energy fields, the easier it will be to transform it into the vibration you wish to experience, which you feel is in alignment with the deepest part of yourself.

Chapter 18

In conclusion

*“Where there is joy, there is creation.
Where there is no joy, there is no creation.
Know the nature of joy”*

The Upanishads

Isn't it wonderful to know that what we call “our reality” is not something that happened through coincidence, but that the laws of the universe are the groundwork of the lives of each and every one of us?

Isn't it wonderful to know that we can start creating the life we truly desire right here and now?

Therefore, don't wait for everyone else to get into action, but reach a clear and firm decision that you will participate consciously in creating the life you desire on your own. *Thought is the cause and everything else is the result of thought* — keep this in mind always. If you are capable of thinking, then you are able to create the life you desire.

Don't give up your goals if you find they are not manifesting as soon as you had imagined, but remind yourself of your decision and keep going as long as necessary. Actually, you can be sure that the path to fulfilling your goals will not be exactly what you had supposed it would be. So, right at the beginning of your journey, equip yourself with a lot of patience and persistence.

If you have not been patient and persistent in life so far, this does not mean that it has to be this way forever. Patience and persistence can be learned, just like everything else. If you are capable of reading this book, you are capable of developing patience and persistence. For starters, it would be enough to start thinking about their necessity in achieving any important goal you may have.

The more energy you invest in what you want by being consistently focused on what you want, as well as on the question “how do I achieve what I want?” the more the things you want will become a part of your reality.

But if you think that it is difficult to achieve what you want, you are not focused on what you want but on the *difficulties* surrounding you. The more focused you are on the difficulties around you, the more additional difficulties you create, thereby getting yourself into a reality full of difficulties.

In the Old Testament, it is written that God created the world in several days. But if God is omnipotent, why didn't He create it instantly? Why did God need several days and then a day of rest? What did He do after the day of rest? Did He stop the creative process or did He continue creating and perfecting what had already been created? (And does He/She continue to do so to this day?)

Of course, this is Old Testament symbolism, which emphasizes the importance of the creative *process*. Creation is a process, not a final result. We lose our interest in all finished creations, and we turn to something new we want to create. When we create that new thing, a new desire appears, which leads us to something “even newer” and this process has no end *as long as we are alive* — and maybe even after that, but we'll talk about that when we meet “on the other side”!

A joyous life is not the final destination, nor does the joy within us have any limits. A joyous life is a *process*, which the more we participate in, the more we get to know (become aware of) our “true nature” and unlock the unlimited joy within ourselves, enabling it to express itself in the reality we are living.

There is no need to wait for the day when you will solve all your problems and reach all your goals in order to start living a joyous and fulfilled life. Make a firm decision right now to begin a *conscious creative process*. The more you take part in a conscious creative process, the more you acquire a trust in the universe and its laws, and that is the only guarantee of true and lasting happiness and inner peace.

"The wise don't strive to arrive"

Ancient Zen Proverb

Thank You!

For purchasing this book. I truly hope that you have found at least one new idea that can help you in creating your desired reality. If you have, then I will consider it a great success, as it was the goal of writing this book. I wish you much joy and inner peace.

Tomislav Tomić

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Tomislav Tomić (read: Tomich) is a life coach and self-development author. He graduated from law school at the University of Zagreb (Croatia).

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